

# Hello Neighbor

1966  
COOK  
BOOK



A SERVICE OF **KOA**  
DENVER *Radio*

Hello Neighbor,

It's such a thrill to say once again, our book is ready!

Our Hello Neighbor Cookbook is truly the most warm, friendly book ever published, a compilation of recipes from neighbors all over Colorado and from several different states, a sharing of the good food that we enjoy with one another. So it is a most unique book and one I know you will use always.

*A quick reminder that because I get thousands of recipes, it is utterly impossible to try each of them so I can't personally endorse them all. We, of course, depend upon what you tell us about them and we have found your shared recipes to be just wonderful.*

Because of our varying altitudes, you *do* need to remember that the processing time and methods are correct for the altitude where the recipe originated, so please remember to adjust them to your own locale — especially when baking or canning. Most of them are perfect for our area as they are written.

A favorite recipe is indeed a lasting friendship. We thank all of you who take the time to share your creative cooking talents with all of us, and who share your good ideas and your inspiration on the program.

"Tis a privilege to know each and every one of you.

Fondly,

*Merrile Lynn*

**KOA**  
DENVER *Radio*  
50,000 WATTS 850 Kc

© Metropolitan Television Co., 1966

## TABLE OF CONTENTS

1. Beverages ..... pages 3- 4
2. Breads, Biscuits, Rolls and Muffins ..... pages 5- 18
3. Pancakes, Coffee Cakes, Pastries and Doughnuts .... pages 19- 25
4. Cakes and Frostings ..... pages 27- 38
5. Cookies and Candies ..... pages 39- 57
6. Pies ..... pages 59- 69
7. Ice Cream and Desserts ..... pages 71- 77
8. Dips, Sauces and Syrups ..... pages 79- 81
9. Soup and Sandwiches ..... pages 83- 86
10. Meats, Main Dishes, Fish and Poultry ..... pages 87-107
11. Casseroles ..... pages 109-114
12. Vegetables and Fruits ..... pages 115-126
13. Salads ..... pages 127-131
14. Canning and Freezing ..... pages 133-136
15. Food Short Cuts and Household Hints ..... pages 137-146
16. Food For Thought ..... pages 147-155
17. Index ..... pages 156-160
18. Tables ..... inside back cover

# 1966 Hello Neighbor COUNTRY FAIR at ELITCH'S!



Surprise guest movie star Charlton Heston visits the Country Fair!



Free movies for the Hello Neighbor children!



Neighbors swap food ideas!



Fun and FOOD shared by all!

Merrie Lynn, KOA Women's Director, again originated (June 17, 1966) a live broadcast of the "Hello Neighbor" Show from Denver's famed Elitch Gardens Amusement Park. It was a smashing success!

So popular was the event that requests for complimentary tickets far exceeded the Trocadero Ballroom seating capacity (approx. 3,000). Several hundred additional ladies, unable to get broadcast tickets, were content to visit the food and handiwork displays, compare notes with "neighbors" and enjoy the king-size picnic which followed the broadcast.

Martha Gooch used the occasions to present a hot sample of her Convenience Dinners. The Gooch folks were prepared to serve an "army" but simply ran out of product. They also "couponed" all ladies attending as part of their successful efforts to introduce this new Convenience Dinner line.

Ladies came from a wide area (via chartered bus from Pueblo, Colorado Springs and other northern Colorado communities). Surprise guest and a thrill to the audience, was Charlton Heston, in person. 14 "Hello Neighbor" advertisers provided merchandise door prizes.

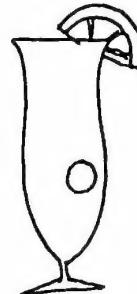
**Elitch's**  
West 38th Ave. & Tennyson

## **BEVERAGES**

## AN INEXPENSIVE DRINK

Squeeze the juice of two lemons and 1 orange, strain and add one cup of sugar, also enough ice water to make three pints. When ready to serve, stir in one pint of ginger ale. This makes a delicious drink.

MRS. HERBERT MANGIS, Lance Creek, Wyoming



## MINT JULEP DRINK

Boil together for 5 minutes:

2 cups sugar 1-1/2 cups water

Add:

2 handfuls fresh mint rind and juice of 2 oranges  
juice of 6 lemons

Strain all of this and add 3 Tablespoons of this syrup to glass of cold ginger ale.

Very refreshing and so good!

THELMA BRIGHT. 4781 E. Colorado Ave., Denver, Colorado

## WAIKIKI EGG NOG

2 cups milk	2 cups pineapple-grapefruit juice drink
4 egg yolks	4 egg whites
1/4 cup sugar	1 quart vanilla ice cream
1/4 teaspoon salt	nutmeg

In large bowl combine milk, egg yolks, sugar and salt. Beat until foamy. Stir in pineapple-grapefruit juice. In large mixer bowl, beat egg whites until stiff. Fold in the fruit juice mixture. Ladle into glasses. Add a scoop of ice cream to each glass. Sprinkle with nutmeg. Makes 8 servings of 8 ounces each.

CHRISTINE ODIN, 1100 Emerson Street, Denver, Colorado

## HOLIDAY APPETIZER

1 #303 can grapefruit sections	chilled bottled concord grape juice
1 #1 flat can crushed pineapple	Maraschino cherries

Cut grapefruit sections in thirds or fourths depending on size of the sections. Add crushed pineapple including juices of both grapefruit and pineapple. Put in refrigerator overnight to blend flavors. Divide in cocktail glasses or juice glasses.

Just before serving pour about a tablespoon full or slightly more of concord grape juice on top, then put a maraschino on top.

ETHEL G. WILLIAMS

**BREADS,  
BISCUITS,  
ROLLS  
AND  
MUFFINS**

## BREAD

---

Mix:

2	cups milk	4	tablespoons shortening
2	cups water	4	teaspoons salt
1/3	cup sugar		

Heat above mixture to scald milk and let cool 1 hour.

Dissolve 2 packages dry yeast in 1/2 cup warm water to which you have added 1 teaspoon sugar. After yeast mixture has stood for 20 minutes - add 1 beaten egg to yeast mixture - then add this to the milk mixture.

Add 4-1/2 cups flour (approx.) and beat 2 or 3 minutes - continue adding flour, 2 cups at a time

cups at a time until dough becomes too stiff to stir.

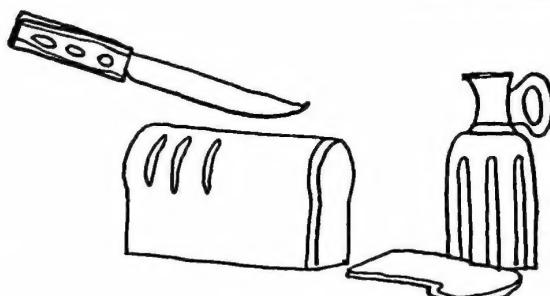
Pour dough out on heavily floured board and knead in flour until dough no longer feels sticky.

Place dough in large greased mixing bowl and let rise until double in bulk.

Divide dough into 4 equal parts - pull dough lengthwise and fold under ends and sides - place in greased bread pans. Let loaves rise once.

Bake loaves at 350 degrees for 40 to 50 minutes - remove bread from pans immediately and place on a wire rack - grease tops of loaves with butter or oleo.

JANICE HURST



## HUNGARIAN RYE BREAD

---

2	cups water	1	teaspoon caraway
1	bouillon cube	2	tablespoons shortening
2	tablespoons molasses	3-1/2	cups white flour
1	teaspoon salt	2	cups rye flour, dark
1	teaspoon poultry seasoning	2	cakes dry yeast in 1/2 cup
1	teaspoon anise seed		lukewarm water

Soften yeast and then mix all ingredients together. Allow to rise and knead until smooth. Divide into three portions and mold into loaves. Make a dart down the center so that the bread will not crack when rising. Brush with melted fat. Allow to rise very light and high. Bake in oven 375 degrees for 35 minutes, brushing with egg if a shiny crust is desired.

The more this bread is kneaded, the smoother and finer it turns out.

IRENE BIDDLE, 705 27th Ave., Greeley, Colorado

## SOUR DOUGH BREAD

1-1/2 cups warm water	2 teaspoons sugar
1 package active dry yeast	2 teaspoons salt
1 cup sourdough starter sponge	1/2 teaspoon baking soda
4 to 5 cups flour	

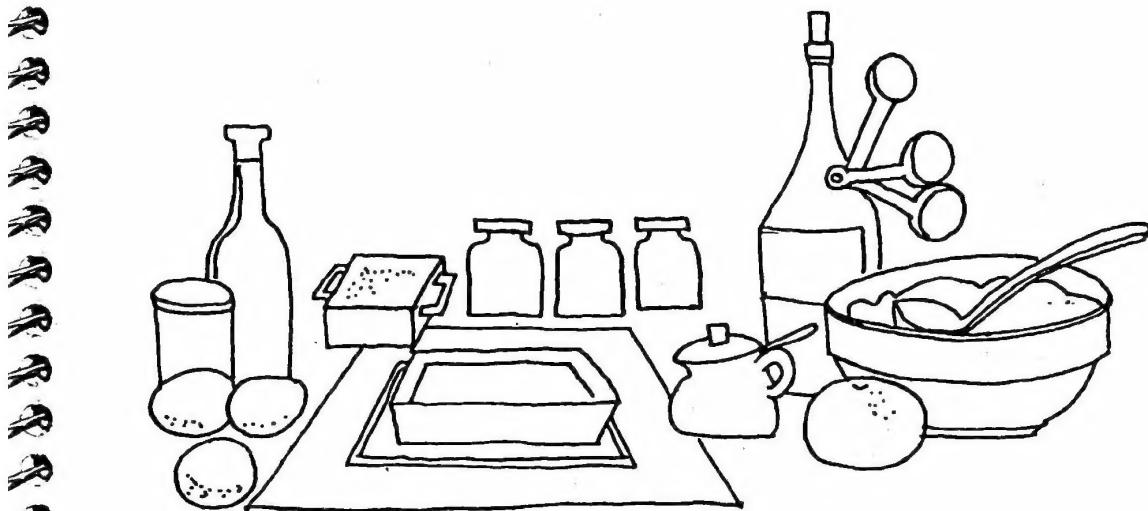
Pour water in mixing bowl. Stir in yeast until dissolved. Add starter, 3 cups flour, sugar and salt. Stir & mix thoroughly. Remove 1 cup of batter to save for starter. Store in refrigerator or freezer.

Scrape down sides of bowl. Cover; let rise in warm place (85 degrees) until doubled, about 1 hour. Stir soda into 1/2 cup flour. Stir into batter, add enough more flour to make a dough that cleans the bowl. Turn out on floured board or cloth; knead until smooth and satiny and small blisters appear - about 5 minutes. Add more flour, if necessary. Divide dough in half; form each half into a ball and let rest on board for 5 minutes. Rub a bit of shortening on palms of hands. Start rolling each ball under hands at center, gently working hands towards ends of loaf. Knead several times for a well shaped loaf. Place loaves on baking sheet. With sharp knife or razor blade, cut diagonal gashes about 3/4" deep and 1-1/4 inches apart in top of loaves. Cover; let rise until almost doubled, about 1 hour. Brush tops with cold water. Put shallow pan of cold water in bottom of oven. Bake in hot oven 400 degrees for 45 minutes - until crust is medium brown. Brush loaves with mix of one egg white and 1 Tablespoon water; return to oven a few minutes until well browned. Cool on racks. Makes 2 loaves.

### Sourdough Starter Sponge

Use the 1 cup left-over dough, or make as follows: 1 package dry commercial sourdough starter, 1-1/4 cup flour, 1 cup warm water. Mix it well. Pour into jar. Cover and let stand at room temperature 48 hours before using first time. DON'T LOSE THIS STARTER. Always replenish this jar with 1 cup batter from your yeast batter as at first. Keep starter in refrigerator if you bake every week or if not, freeze it and thaw it out at room temperature 24 hours before using it. Use water (85 degrees) for soaking yeast. I use all-purpose flour.

MRS. W. A. MILLER, Denver, Colorado



## TWO HOUR FRENCH BREAD

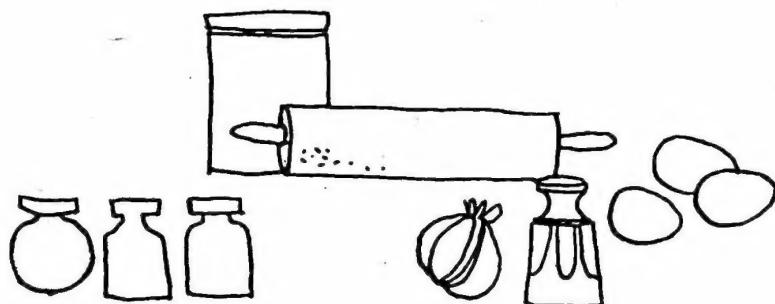
Put together in a large bowl the following ingredients:

6	cups unsifted flour	1	tablespoon salt
2	packages yeast	1/4	cup plus 2 tablespoons shortening
3	tablespoons sugar	2-1/2	cups warm water

Stir vigorously then let rest in a warm place for 10 minutes covered. Then stir by hand 75 strokes for 5 times. Turn out on a floured board and divide in two pieces. With your hand pat out the first piece until about a half inch thick or so. Cut into three strips leaving dough at the top uncut. Then braid, being careful not to stretch dough. Place on a greased cookie sheet. Brush with egg white or milk and sprinkle with sesame seeds. Repeat with the other piece of dough. Let raise covered in a warm place until double in size. Bake in a pre-heated 400 oven for 25 to 30 minutes or until golden brown.

This is perfect with spaghetti and stew and we love it hot with butter and honey. This can also be baked in a 9 x 13" pan and the bread won't spread out so much that way and will be more loaf shaped. You can even make hamburger buns by rolling the dough out and cutting with a large cutter (baked 15 or 20 minutes).

MRS. SHARON GOULD, Route 2 Box 76, Loveland, Colorado



## MY OWN HERB BREAD

2 packages yeast dissolved in 1 cup warm water, 2 teaspoons sugar, 1/4 cup paprika, 3 Tablespoons each of mustard, celery, dill and sesame seed, 1-1/4 cup shredded or grated cheese, 1 teaspoon salt, 1 teaspoon dry parsley flakes. Mix well. Boil 1 cup milk.

2 Tablespoons oil or oleo. Cool, add to above mix and stir well.

Sift 4-1/2 cups flour, add a cup at a time, beating well. Knead remaining flour in thoroughly. Place in greased bowl. Let rise until double in size. Knead 5 minutes, then place in 2 greased bread pans or round casseroles. Bake after doubling again at 375 degrees for 45 minutes. Cool on rack and butter crust.

This is wonderful for Braunswager, cheese, cold turkey sandwiches. It is a very zesty bread.

MRS. E. ROY GRANT, Rt. 1 Box 107, Hiwan Hills, Evergreen, Colorado 80439

## EASY ONION BREAD

1	can dried onion soup mix	2	teaspoons salt
1	cup warm water	1-1/2	cups very warm water
	1/4 cup shortening	2	packages yeast
	1/4 cup brown sugar	About 6 cups unsifted flour	
	1/4 cup dry powdered milk		

Mix the onion soup in the warm water. Allow to sit for 15 minutes for the onion to soften.

Then melt the shortening over low heat. Remove from heat, add the 1-1/2 cups warm water, brown sugar, salt, dry milk, and the onion mixture. Check the temperature and correct it if necessary to have it warm for the yeast. Add the 2 packages yeast, and allow to soften.

Stir in 3 cups of the flour, beat well with the mixer until well blended. Add the remaining 3 cups of flour, stirring it in gradually until it forms a stiff dough. Turn out on floured board and knead well. Allow to rise until doubled in bulk. Punch down, form into 2 loaves, or 1 loaf and 1 pan of rolls. Allow to rise again until doubled in bulk and bake rolls 25 minutes in 375 degree oven, loaves for about 45 minutes at 375 degrees.

A note about baking bread - never sift flour when making bread. The experts at the flour mills have proved that you can make better, larger loaves of bread with unsifted flour.

COLLEEN HARSHFIELD, Box 1042, Sterling, Colorado



## BOSTON BROWN BREAD

1-1/2	cups corn meal	1	teaspoon salt
1	cup white flour	1	teaspoon shortening
1	cup whole wheat or rye flour	1	teaspoon soda
1	cup molasses		

Mix soft with milk or water. Fill coffee cans half full. Bake 2 hours in slow oven 325 degrees to 350 degrees. Since the corn meal is ground so fine now, I use 1 cup corn meal and 1/2 cup hominy grits.

Grease cans completely and line with paper.

Good hot, cold or toasted

I love it lightly toasted and spread with cream cheese.

FERN DUDLEY

## CUSTARD CORN BREAD

Into a 2 quart bowl put 1 cup corn meal, 1/3 cup sugar, and pinch of salt. Moisten with warm water, just to dampen so that no water stands on corn meal.

Beat 6 eggs as for custard pie.

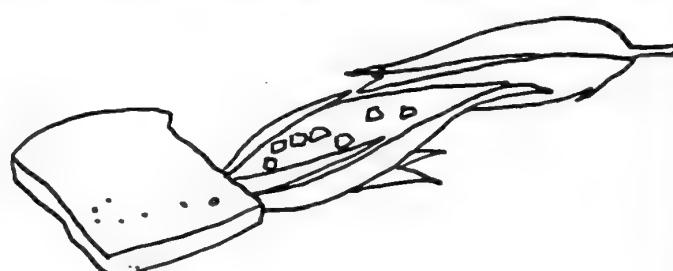
Add enough milk to fill 2 nine inch pie pans. About 5 cups.

Stir thoroughly and pour into un-greased pie tins. Bake as for custard pie - about 350 degrees until set.

Cut in wedges and serve with syrup.

(The corn meal settles to the bottom and the custard stays on top).

VIOLET MAHANEY, 166 Adams Avenue, Akron, Colorado 80720



## CUSTARD CORN BREAD

1 1/2 cup corn meal

1/2 cup flour

1 teaspoon baking powder

1 teaspoon soda

1 teaspoon salt

2 eggs beaten

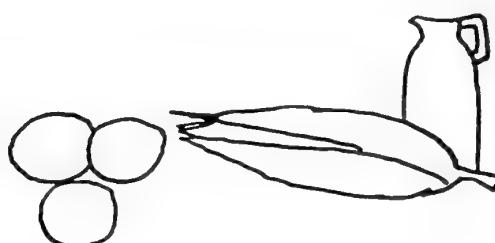
2 cups sweet milk

1 cup butter milk

3 Tablespoons butter

Mix and sift all dry ingredients. Beat the eggs and add them to the buttermilk and 1 cup of sweet milk. Combine the two mixtures. Put the butter in an iron skillet and melt it. Tip the skillet so the butter coats the bottom and sides. Pour in the batter and add the other cup of milk to the center of the batter but do not stir again. Bake 30 minutes at 350 degrees. Eat hot with butter.

LU BARNARD, Rt. 3 Box 311, Golden, Colorado



## SOUR CREAM CORN BREAD

1 cup flour

3/4 cup yellow corn meal

1/2 teaspoon soda

2 teaspoon baking powder

1 teaspoon salt

1 cup thick sour cream

1/2 cup milk

1 beaten egg

Sift dry ingredients together, beat eggs, add liquids and dry ingredients. Mix just until blended. Pour into a greased 8 inch square pan, or muffin pan. Bake in hot oven (425 degrees) for 20 to 25 minutes.

## CORN PONE CHEESE BREAD

3/4 cup yellow corn meal	2 packages dry yeast
1/3 cup shortening	1/2 cups quite warm water
1/4 cup sugar, sorghum or molasses	2 eggs
1 Tablespoon salt	5-1/2 cups sifted flour
1-1/2 cups boiling water	2 cups (1/2 pound) grated sharp cheddar cheese

Pour boiling water over corn meal, shortening, sugar and salt in large mixer bowl. Stir. Cool to lukewarm. Dissolve yeast in the 1/2 cup of quite warm water. Sift and measure flour. Add yeast, eggs and 1/2 of the flour. Beat 6 minutes on medium speed. Add cheese and beat 2 minutes more with mixer. Mix in remaining flour with wooden spoon. Leave in same bowl. Cover. Let rise until double (about 1 hour). Stir down. Put in 2 well greased loaf pans. Flour hand and pat smooth. Let rise until double (about 1 hour). Bake at 375 degrees for 45 minutes to 1 hour. Makes 2 loaves. (Crust will be quite dark).

ERMA ROARK, 2619 Perry, Denver, Colorado



## CARAWAY-RAISIN BATTER BREAD

1 cup milk	1 cup warm water
3 tablespoons sugar	4-1/2 cups sifted flour
1 tablespoon salt	1 cup raisins
1-1/2 tablespoons butter or margarine	1 tablespoon caraway seeds
2 envelopes (or 2 cakes) yeast	

- 1) Scald milk with sugar, salt and butter in small saucepan; cool to lukewarm.
- 2) Dissolve yeast in warm water in large bowl; stir in cooled milk mixture.
- 3) Stir in flour, raisins and caraway seeds; stir vigorously, scraping down sides of bowl until flour is completely blended in, (dough will be quite sticky and heavy); continue to work with a spoon, lifting and stretching dough up through center and giving bowl a quarter turn each time; repeat about 20 times or until dough is very stiff.
- 4) Scrape down sides of bowl; cover; let rise about 1 hour or until doubled.
- 5) Stir down; repeat kneading with spoon about 10 times; turn into a greased 6 cup round baking dish.
- 6) Bake in 350 degree oven for 1 hour & 20 minutes. Brush top with melted butter for a soft crust.

MRS. GLADYS REMES, 3201 So. Lincoln St., Englewood, Colo.

## LEMON BREAD

1/4 cup shortening

1 cup sugar

2 eggs

1-1/2 cups flour sifted

1 teaspoon baking powder

1/2 teaspoon salt

1/2 cup milk

1 Tablespoon grated lemon peel

1/3 cup sugar

3 Tablespoons lemon juice

Blend sugar & shortening. Beat in eggs one at a time. Add dry ingredients alternately with milk; add lemon peel. Blend just enough to mix.

Bake in 2 small or one 8-1/2 by 4-1/2 loaf pan for 60 to 70 minutes in a moderate oven. Let stand 5 minutes after removal from oven. Then spoon over lemon juice and sugar mixture.

Let stand in pan another 10 minutes. Cool on rack. Do not cut for 24 hours. Freezes well and slices easily when frozen.

HAZEL GUENIN



## ENGLISH TEA BREAD

Cut in small strips the yellow peel of 2 oranges (use no white part). Add 2 cups boiling water to the peel. Drain. Add to peel 1/4 cup water, 3/4 cup sugar. Boil until consistency of corn syrup. Cool.

Beat 1 egg, 1 cup milk, and add to syrup. Sift 2-3/4 cup flour, 2-1/2 teaspoon baking powder, 1/4 teaspoon salt.

Stir sifted ingredients into the liquid. Beat batter until smooth.

Put into greased loaf pan 6 x 10 and let stand 10 minutes. Bake in moderate oven (350 degrees) for 30 minutes.

This will cut better if made the day before using. Slice thin and butter.

MARGARET COLLINS, 212 Grant, Longmont, Colorado

## WALNUT-RICE LOAF

Combine:

1/4 cup chopped celery

2 medium onions, minced

2 tablespoons parsley

8 ounces tomato sauce

1 egg, beaten

salt and poultry seasoning to taste

2 tablespoons melted butter

1 cup coarsely chopped walnuts

1-1/2 cups cooked rice

1 cup dry bread crumbs

Bake in greased 9 x 5 x 3" loaf pan for 1 hour.

MARILYNN LEYRER, 1919 Park Avenue, Denver, Colorado 80218

## SUGAR PLUM LOAF

(Christmas Bread)

3 cups scalded milk  
1-1/2 tablespoon sugar  
1 tablespoon salt

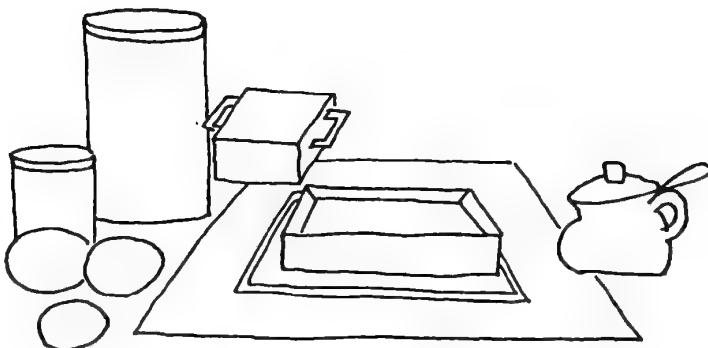
3 cakes or packages yeast in  
3/4 cup warm water

Mix after milk has cooled to lukewarm. Add 3-3/4 cups sifted flour. Mix well and let stand until very bubbly. Then add: 3/4 cups creamed shortening with 1-1/4 cups of sugar add - 3 tablespoon grated lemon rind, 1-1/2 teaspoon vanilla and 1-1/2 teaspoon nutmeg, 3 well beaten eggs, 6 cups flour, 1 pound fruit cake mix and 8 ounces candied pineapple, 8 ounces candied cherries, 2 cups white raisins and 3 cups pecans or almonds, 8 ounces candied lemon peel. Drench fruit and nuts with flour. Add to dough. Keep dough just stiff enough to handle. If a little sticky that is okay. You will pick up enough flour in kneading. Put on well floured board and knead until smooth. Place in greased bowl; let rise to double. Return to floured board, knead. Make into loaves about 2 pounds each. Place in greased loaf pans - let rise until double. Bake in moderate oven - 350 degrees - for one hour.

Drizzle or spread with confectioner's icing over top and let run down sides while still warm.

Yield - 4 large loaves and 3 small loaves.

RUTH ATKINSON, Canon City, Colorado



## PINEAPPLE TEA BISCUITS

2 cups sifted flour  
2-1/2 teaspoons baking powder  
1 teaspoon salt  
1/4 cup sugar

1/3 cup shortening  
1 egg  
1 cup drained, crushed pineapple  
1/4 cup pineapple juice

Sift together flour, baking powder, salt, sugar. Cut in shortening until mixture is crumble. Beat in egg and add pineapple juice. Add to flour mixture. Add drained, crushed pineapple. Stir until flour is well moistened. Drop batter on greased sheet, by tablespoons, shaping batter into long narrow bars 4x2 inch in size. Bake at 400 degrees 12 to 15 minutes. Smooth the sides of bars before baking. Frost with orange or lemon icing. Sprinkle with coconut or chopped nuts if you wish.

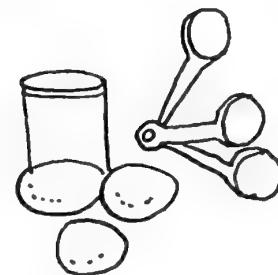
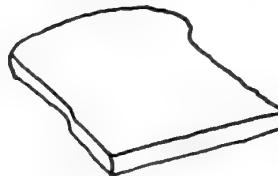
EVELYN YOUNG

## YEAST BUTTERMILK BISCUITS

1	tablespoon sugar	1	teaspoon baking powder
2	tablespoons lukewarm water	1	teaspoon salt
1	package yeast, active dry or compressed	2	tablespoons shortening
2	cups sifted flour		2/3 cup buttermilk

In a small bowl, mix sugar with the water; add yeast and stir to dissolve. Sift flour again with the baking powder and salt into a large bowl. Cut in the shortening to fine crumb stage, as you would for ordinary biscuits. Add buttermilk and the yeast mixture; mix to a moderately stiff dough. Knead lightly for a few seconds; roll to 1/2" thickness. Cut into biscuits, using a 2 or 2-1/4 biscuit cutter. Arrange in a greased baking pan so biscuits barely touch each other; prick tops with fork, and brush with melted butter. (I often dip the whole biscuit in a combination of butter and oil before placing it in the pan). Let rise in a warm place until almost double in bulk, about 30 or 40 minutes. Bake at 425 degrees for 12 to 18 minutes. Makes one dozen.

MRS. ALLEEN A. McLEOD



## ENGLISH TEA BISCUITS (from England)

1	cup sifted flour	1/4 cup coconut meal (or grated coconut)
	About 2/3 of a quarter pound of butter	Egg as required (about 2 small)
4	Tablespoons (heaping) powdered sugar	

Cut butter into flour, add sugar and coconut and enough beaten egg to make stiff dough. Knead quickly on a lightly floured board. Roll out evenly. Cut into oblong strips about 2-1/2 x 1-1/2". Bake a little apart on a greased baking sheet. Bake at 400 degrees until pale gold. Takes 10 to 12 minutes. Ice with butter cream.

## BUTTER CREAM

1/2 cube butter	1	cup powdered sugar
1/4 teaspoon vanilla		

Mix and blend until smooth and creamy.

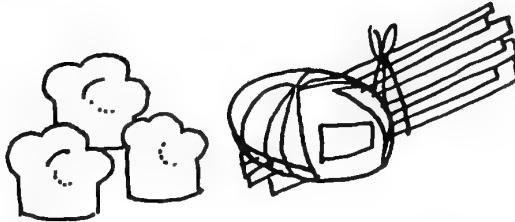
GOLDIE DAWKINS

## FEATHERBED ROLLS

1/2 cup shortening	1/2 cup sugar
2 cups milk scalded & cooled	1 teaspoon salt
2 packages yeast dissolved in:	2 eggs
1/2 cup luke warm water	5 cups flour

Mix shortening, sugar and salt in warm milk. After cooled, add yeast, eggs & flour. Mix well and let stand 20 minutes. Make into rolls. Let stand 20 minutes more to rise. Bake 15 to 20 minutes at 425 degrees.

HAZEL STONEMETS, Fort Collins, Colorado



## GOLDEN ROLLS

Sprinkle 1 package of dry yeast into 1/2 cup of lukewarm water to which 1 teaspoon of sugar has been added. Let set until needed later in the recipe.

3 cups milk (scalded and cooled to lukewarm)	1/2 cup of sugar
1/2 cup shortening	1 teaspoon soda
1 cup potatoes (seived or instant type may be used)	1 teaspoon baking powder

Add melted shortening to milk, also the potatoes and sugar to which has been added the soda and baking powder. Then add 4 cups unsifted flour - add one cup at a time and beat well after each addition. Then add the dissolved yeast and one cup more flour and 3 eggs well beaten in which 1-1/2 tablespoons salt has been dissolved. Then add 4 more cups of flour and beat well and add more if needed. Let rise until double in bulk and make into rolls, etc.

### Additional notes:

The dough may be a little sticky but may be put into refrigerator to chill or it may be completely frozen and used later as needed. The dough needs to double in bulk at least once before frozen. When ready to use, put on floured surface and knead lightly. (The less flour used the lighter the baked product.) For light rolls, I sometimes roll out dough about 1/2 inch thick and cut rolls and let rise on greased pan until double in height and bake at 425 degrees for 15 minutes. One may make the usual way but will need a little more flour to be easier to work with - especially if dough has not been chilled.

This recipe is one I've used for light rolls, cinnamon rolls, doughnuts and hamburger buns.

IRENE WICKHAM, Flagler, Colorado

## HUNT'S TEA ROOM ORIGINAL CINNAMON ROLLS

---

1 quart milk  
1 cup mashed potatoes  
1 cup sugar

1 cup crisco or any shortening  
1 teaspoon salt

Place above in pan and bring to boiling point. Let cool until lukewarm and add 2 cakes of yeast which have been in luke warm water to soak. Add 2 teaspoons baking powder, 1 teaspoon soda and enough flour to make a stiff batter.

Let rise in warm place for 15 minutes then add enough flour to make a dough not quite as stiff as bread and then knead well. Put in greased pan and cover. Let stand 2 hours.

Then make into rolls. Let rise about 2 hours and bake at 350 degrees about 20 minutes. Always brush top of rolls with melted butter.

Put balance of dough back in refrigerator for future use. If you want to use these rolls later in the day, just make them up and put them in the refrigerator until about 2 hours before you wish to use them, then set them out to rise and bake.

Mix a bowl of cinnamon and sugar according to taste and melt butter. Roll out the dough - not too much at a time. Spread this sheet of dough with melted butter then the cinnamon and sugar mix. Roll this up in a long roll cut about an inch wide or as large as you wish. After they are cut, brush well with butter. These should set in a place out of a draft to rise - about 2 hours. This dough can be used as ice box dough.

EMILIE



### DINNER CRESCENT ROLLS

---

#### Dissolve:

1 package active dry yeast  
1 dash (1/4 t.) of salt  
2 tablespoons sugar

1-1/4 cups warm water  
2 tablespoons shortening (oil)  
3 cups flour

Dissolve the yeast and water. Stir in the salt, sugar and oil. Add 2 cups of flour first and then the remaining 1 cup. Knead to a dry non-sticky consistency. Let rise for one hour, covered. Punch down. Let rise for 30 minutes. Roll out for rolls. Cut in pie-wedge shapes. Melt butter, spread on dough and roll up. Spread top of roll with butter. Let rise another hour. Bake at 425 degrees for 12 to 15 minutes until light golden brown. Butter crust.

SUSAN BAYS, 3803 Robin Hood Terrace, Midland, Michigan

## PUMPKIN MUFFINS

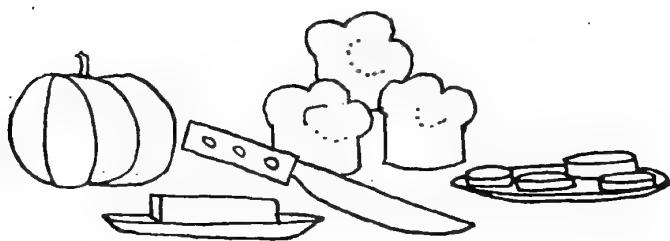
---

2 cups flour, sifted  
3 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon ginger  
1/4 teaspoon nutmeg  
1/4 teaspoon allspice

1/2 cup raisins  
1 egg, beaten  
1/2 cup milk  
1/4 cup molasses  
1/3 cup melted shortening  
1/4 cup brown sugar  
3/4 cup pumpkin

Sift flour, baking powder, salt and spices. Stir in brown sugar and raisins. Mix together egg, milk, pumpkin, molasses and melted shortening. Add pumpkin mixture to dry ingredients and stir until just moistened. Fill greased muffin tins 3/4 full. Bake in a hot oven 400 degrees for 25 minutes. Yield about 12 muffins.

ANNE OAKSFORD, 1108 Kenton Street, Aurora, Colorado



## MINER'S KLONDIKE SOUR-DO-CAKES

---

Put 2 medium potatoes in pan. Cover with enough water to have 1 cup left over after boiling the potatoes until soft.

When done, mash potatoes and add 1 cup of the potatoe water in which you have dissolved 1/2 package of dry granule yeast (after the water is luke warm), and 1 cup warm water. Add 2 Tablespoons sugar, stir and cover. Let this mix stand 24 hours in medium temperature.

Then add 1 egg beaten, 1-1/2 cups flour and 2 tablespoons melted fat or margarine, and 1/2 teaspoon soda dissolved in 1/2 cup hot or warm water. Stir into dough mix.

This should be a light mixture. You leave enough of this starter mix aside each time you bake cakes and stir in more flour and water - say 1 cup and 1 tablespoon sugar. Cover and place in medium warm place until using again. Use same procedure for starter as for original except for potatoes. One has to judge in adding the flour if you wish thinner cakes, use less flour.

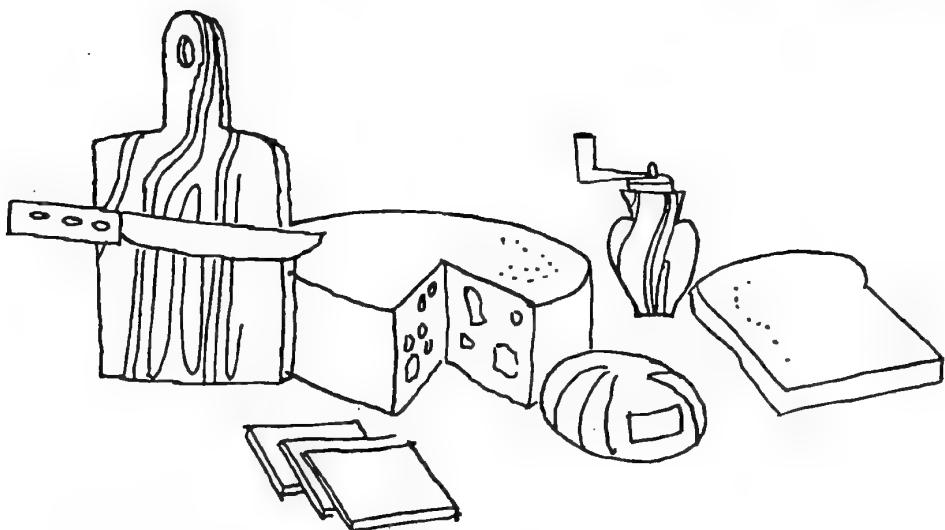
MRS. NELLA PHERSON, 218 E. Jefferson, Colorado Springs, Colorado

## CHEESE WAFERS

2	slightly beaten egg yolks	1	cup flour
1	cup grated American cheese		1/2 teaspoon salt
3	Tablespoons melted butter		1/2 teaspoon baking powder
2	Tablespoons water		

Combine egg yolks, cheese, butter, and water. Add flour sifted with salt and baking powder, using more flour if necessary to make dough as stiff as for noodles. Roll thin on floured surface. Cut in 1 by 4 inch strips. Prick with fork; sprinkle with salt and bake on ungreased cooky sheet in hot oven (425 degrees) for 6 minutes or until delicately browned. Cool and store in tight, waxed paper lined box. These may be made in any desired shape. Makes 24 wafers.

MARYLIN MEINEKE



## MY MOTHER'S XMAS CHEESE STRAWS - 1904

1	cup grated strong yellow cheese	generous dash of cayenne pepper
1/2	cup butter (a must)	1/2 teaspoon salt
1	cup sifted flour	4 teaspoons cold water
	1/2 teaspoon dry mustard	

Mix and roll out in oblong just as pie crust. Cut in equal strips. Place on cookie sheet. Bake until slightly brown. Cool.

My mother made a fence of cheese on a silver plate, in the center of the fence she put a crystal bowl, ice cubes in which curls of celery, olives, green onions were placed. This we helped ourselves to on the buffet.

Keep in icebox. Mellow as they age.

MRS. ROY E. GRANT, Hiwan Hills, Rt. 1, Evergreen, Colorado

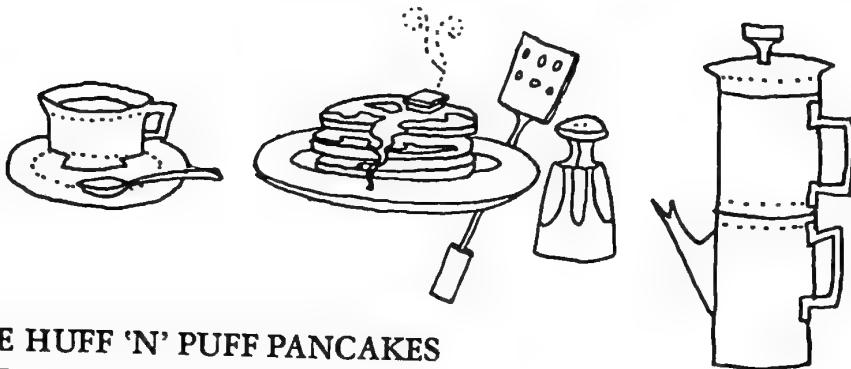
**PANCAKES,  
COFFEE CAKES,  
PASTRIES  
AND  
DOUGHNUTS**

## CORN MEAL MOUNTAIN PANCAKES

1	beaten egg	1	cup enriched flour
1-1/4	cups buttermilk or sour milk	1	teaspoon baking powder
1/4	cup melted shortening	1/2	teaspoon soda
1	Tablespoon light molasses	1/2	cup yellow corn meal

Combine egg, milk and shortening and molasses. Add sifted dry ingredients and corn meal. Stir just until moistened. Bake on an ungreased griddle. Makes 12 pancakes.

RUTH RIECK, Antera Reservoir, Hartsel, Colorado



## LITTLE HUFF 'N' PUFF PANCAKES

(Applesauce)

Short method:

2	cups ready to use biscuit mix	1	cup canned apple sauce
2	eggs	1	cup water
1/2	cup instant dry milk		

Long method:

2	cups flour	3/4	cup milk
3	teaspoon baking powder	1	cup apple sauce
1	teaspoon salt	2	eggs
4	tablespoons shortening		

Mix first 5 ingredients as for biscuits and then add the remaining ingredients and beat with electric beater at high speed for 1 minute until smooth and creamy. (For short method, put all ingredients into bowl and beat with electric mixer until smooth.) Bake to a golden brown, turning once.

Makes 24 cakes, 3 to 4 inches in diameter.

## SPICED APPLE SYRUP

1	cup canned apple sauce	dash of salt
1	cup apple juice	1/2 teaspoon cinnamon
1/2	cup brown sugar	1/4 teaspoon ground cloves

Combine all ingredients and cook over low heat until thick and syrupy. Serve over the yummy apple puff pancakes.

CHRISTINE LAATSCH

## BLUE PLUM COFFEE CAKE

Grease and flour a 9 x 9 x 2 inch pan.

Wash about 8 or 9 blue plums, pit and cut each into 6 parts, lengthwise.

Mix 1/2 cup sugar, 1/2 cup flour, 1/4 cup oleo and dash of cinnamon. Mix until crumbly. Set aside.

Measure and sift together 1-1/2 cups flour, 3/4 cup sugar, 1/2 teaspoon salt, 2 teaspoons baking powder and 1/4 teaspoon cinnamon. Sift these into a large mixing bowl.

Make a well into the center and add all at one time, 1 beaten egg, 1/2 cup milk and 1/4 cup oil. Mix well until smooth. Pour batter into the prepared pan. Place pieces of plums in even rows over batter, then cover with the flour, sugar and oleo mixture. Spread evenly. Bake at 350 degrees, 50 to 55 minutes.

ELIZABETH WERNER, 3053 Hudson Street, Denver, Colorado

## GERMAN COFFEE CAKE

Prepare your favorite bread dough (not sweet dough). When it is ready to shape, roll very thin (1/2 to 1/4 in.). Place in well oiled and floured jelly roll pan, extending up the sides.

Beat until smooth:

1/4 cup sweet cream  
1/2 cup sugar

1 egg

Pour on dough.

Next you will cover all this with sliced, slightly sweetened fruit or berries (either canned, frozen or fresh but well drained). Cottage cheese may also be used. Now sprinkle the following topping on fruit:

1/2 cup butter  
1/2 cup sugar

1 cup flour  
cinnamon if desired

Mix well before using.

Set aside until it is light and fluffy about 1/2 hour. Bake at 375 degrees about 45 minutes or until brown.

This freezes well.

The German name for this translates to Thin Coffee Cake so it must be rolled thin. If anyone has the real home made beet syrup, omit the custard and fruit and use the syrup and topping. This is wonderful. It doesn't take much dough so either make it when you plan to bake bread or bake several sheets but each of the toppings will only cover one cake so they will have to be doubled or tripled.

SHIRLEE SIMIANER, Rt. 1, Box 119, Peyton, Colorado

## MOLASSES COFFEE CAKE

(low calorie)

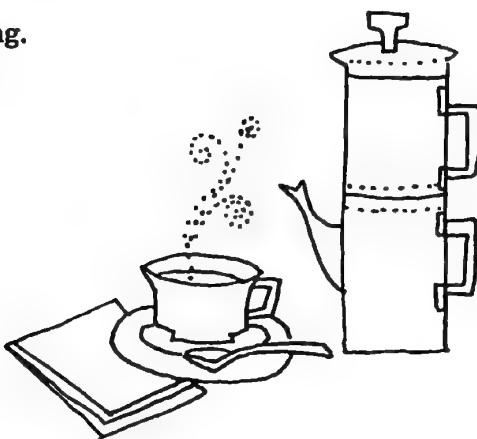
1	egg beaten	1/4 teaspoon soda
1	cup milk	1/2 teaspoon salt
1/4	cup molasses	3 tablespoons sugar
2	cups All Bran	3 tablespoons melted shortening or
1	cup sifted flour	salad oil
2	teaspoons baking powder	1/2 cup raisins

Mix egg, milk, and molasses. Add All Bran. Sift dry ingredients and add to bran mixture. Add melted shortening and raisins.

Place in greased 9" ring mold or 8" square pan. Bake for 45 minutes at 350 degrees.

Ice with powdered sugar icing.

LULA



## KOLATCHEN

Have all materials and utensils ice cold.

Pastry dough:

1	cup flour	1-1/8 cups butter (9 ounces)
---	-----------	------------------------------

Chop or rub the butter in the flour, then work into a dough. Set in refrigerator to harden.

Second dough:

2	cups flour	1	whole egg and 2 yolks
	rind of 1/2 lemon		1/2 teaspoon salt
	1/2 cup lukewarm cream	1	tablespoon sugar
1	package of cake yeast		sprinkling of nutmeg

Dissolve yeast in cream, add sugar, eggs, and the rest. Beat until smooth. Let rise until double. Roll out 1st and 2nd dough each 1/4 inch thick. Place dough 1 on top of dough 2. Fold dough in 3 layers by overlapping ends or over center. Place in dampened cloth napkin and chill overnight. Roll out dough. Cut in the center with your fingers. Fill with strawberry or raspberry preserves or whatever filling you desire. Brush sides with whites of eggs beaten stiff. Sprinkle with extra fine white sugar. Bake at 400 degrees for 15-20 minutes or until golden brown.

JOYCE TEMMER, 11415 W. 72nd Avenue, Route 1 Box 137, Arvada, Colorado

## DANISH PASTRY

1/2 cup warm water  
2 packages active dry yeast  
1/4 cup lukewarm milk  
1/4 cup sugar  
2 teaspoons salt

2 eggs or 4 egg yolks plus 2 tablespoons water  
3-3/4 cups sifted all-purpose flour  
3/4 cup cold firm butter (do not substitute)

In mixing bowl, dissolve yeast in water. Stir in milk, sugar, salt, eggs and flour. Mix either with spoon or by hand. Turn dough onto lightly floured cloth-covered board. Cover with damp cloth and let stand for 20 minutes. Roll into rectangle about 11 x 15". On the center third of the rectangle, lay thin slices of the cold firm butter, using half the amount. Fold one end of the dough over the buttered portion, and lay the remaining butter slices on top. Fold other end over the second layer of butter. (This makes 3 layers of dough with butter between.) Seal edges well by pinching them together. Cover with damp cloth and let rest 20 minutes.

Roll out 1/4 inch thick into a rectangle. Fold dough 3 times to 3 layers. Seal edges; cover; let rest 20 minutes.

Repeat this rolling and folding process 2 times more, turning dough each time so that the folds come in different places. If butter in dough becomes soft, set dough in refrigerator to become cold.

At the end of last resting, cover with damp cloth and place in refrigerator to chill well . . . 1-1/2 hours. Remove from refrigerator; let stand 15 minutes before shaping. When rolls have been shaped, place on baking sheet. Cover with damp cloth. Let rise in warm place until impression remains when dough is touched gently with finger . . . about 1 hour.

Heat oven to 425 degrees. Bake 10 to 12 minutes. 4 dozen rolls.

### TO SHAPE:

Roll cold dough into large sheet 1/4 inch thick. Cut into strips 6 inches long and 1/2 to 3/4 inch wide.

### COILS:

Hold one end of strip on pan with thumb and wind strip around it. Tuck free end under roll.

### BRAID:

Braid three strips of dough about 10 inches long. Form into circle or leave straight.

This dough may also be made into any fancy shapes that are often used for dinner rolls.

### DECORATIONS:

The tops of any of the rolls may be dipped in sugar before baking or covered with a thin egg wash (1 egg yolk plus 3 tablespoons milk) to give glaze. Or, they may be iced with a thin confectioners' sugar icing. Sprinkle with chopped nuts if desired.

LA VERNE ANDERSON, 1084 South Williams, Denver, Colo. 80209

## DROP DOUGHNUTS

2	cups flour	1	egg
1/2	cup sugar	1/2	cup applesauce
2	teaspoons baking powder	1/2	cup milk
	1/2 teaspoon salt	1-1/2	tablespoons shortening
1	teaspoon cinnamon		

Sift flour, sugar, baking powder, salt and cinnamon together. Beat egg, add applesauce and milk and add to sifted dry ingredients. Mix well. Stir in shortening (liquid or melted). Drop batter by teaspoonfuls into 375 degree fat, frying until golden brown on all sides.

The nicest thing about this recipe is that you can keep the dough in the refrigerator for two or three weeks and have fresh doughnuts at a moment's notice.

MARY ALFREY, Walsh, Colorado

## RAISED DOUGHNUTS

2	cups mashed potatoes	4	teaspoons baking powder
1	cup sugar	2	teaspoons vanilla
2/3	cup butter or oleo	3	teaspoons salt
3	cups scalded milk	4	cakes yeast
4	eggs	9 to 10	cups flour

Milk should be cooled with butter or oleo melted in milk. Mix milk, potatoes, sugar, yeast, beaten eggs, salt and vanilla. Stir well and let stand until yeast is dissolved. About 10 minutes. Mix baking powder with flour. Knead lightly to make a smooth dough.

Let rise until double in bulk. Roll out 1/2 inch thick. Cut and let rise again. Let rise until double in bulk. Roll out 1/2 inch thick. Cut and let rise again until doubled. Fry at 350 degrees. I use beef tallow in my deep fryer as it doesn't burn as easily as lard. I use a powdered sugar glaze on these and they are very good.

IVAH BEVANS, Rush, Colorado

## LINCOLN LOG

Make a sponge roll as for a jelly roll, but fill with chocolate pudding made from a mix. I think I reduced the milk suggested about a fourth cup. Fill sponge roll with about half of the pudding, re-roll and spread the other half of the pudding over the top and sides. The rough texture of the cooled chocolate pudding makes the desert look like a log.

Slice as a sponge roll when serving. It's delicious and nutritous.

MRS. NOAN MULLINS

## JELLY ROLL

4 egg whites  
1/2 cup sugar  
4 egg yolks  
1/4 cup sugar  
1/2 teaspoon vanilla

1 Tablespoon lemon peel  
2/3 cup flour  
1 teaspoon baking powder  
1/4 teaspoon salt

Beat egg whites until they form soft peaks. Gradually beat in 1/2 cup sugar - beat until stiff. Beat egg yolks until thick and lemon colored. Gradually beat in 1/4 cup sugar. Add vanilla, lemon peel (if used) and sifted dry ingredients. Now fold egg white and yolk mixture together gently but well. Now grease and line a jelly roll pan with waxed paper. Bake in 375 degree oven for 10 to 12 minutes or until done. Invert immediately on wax paper sprinkled with powdered sugar. Roll up and cool. When cool, unroll and spread with filling - any type of jelly or jam may be used. Roll up again. Sprinkle with powdered sugar. A lemon filling is also very good.

## LEMON FILLING

Cook over boiling water until thick:

4 egg yolks  
2 eggs  
1 cup sugar

1 teaspoon butter  
juice and grated rind of one lemon

For a mocha roll, use 1/3 cup flour and 1/3 cup cocoa and 2 Tablespoons instant coffee. Fill with ice cream.

This cake freezes well.

HAZEL GUENIN, Chappell, Nebraska

## FRUIT LOGS

dates - 1 package (1 or 1-1/2 pound box)

white raisins - 1 box

brown raisins - 1 box

currants - 1 box

glazed fruit - 1 box

dry apricots - 1 package

figs - 1 package

coconut - 1 package (7 ounces)

1 cup English walnuts

2 to 4 tablespoons honey

powdered sugar

any size of box for the fruit will do

Grind all but honey and sugar in food chopper. Add honey to ground mixture and blend well until it is quite sticky. Add powdered sugar enough to make mixture hold form well. Roll into "log" shapes, roll in powdered sugar, wrap in Saran, foil or wax paper and store in refrigerator 2 to 3 weeks. Slice very thin while cold. Excellent with good hot coffee. This keeps literally months if refrigerated.

This may be varied in any way by adding or subtracting fruits without spoiling the finished product.

MRS. MAUDE T. KELLER, 728 Collyer, Longmont, Colorado

# At Last!!!

# Olives-in-a-Basket!



- Same great quality
- Same low price
- NEW convenience

No more fishing for olives!  
Olives-in-a-basket...  
available only from Superior.



**SUPERIOR HONEY AND OLIVE CO.**  
Denver, Colorado • 4242 Elizabeth St. • 222-2719



## **CAKES AND FROSTINGS**

## WHITE OR YELLOW CAKE WITH VARIATIONS

Heat oven to 375 degrees. Grease and flour two 8" or 9 x 1-1/2" round pans. Sift together in large mixer bowl:

2-1/4 cups sifted cake flour or 2 cups and 2 tablespoons sifted all purpose flour	1-1/2 cups sugar 1-3/4 teaspoons baking powder 1 teaspoon salt
---	--

Then add:

1/2 cup pure vegetable shortening - room temperature	1 cup milk - room temperature 1 teaspoon flavoring (your choice)
---	---

Blend well then beat 2 minutes only with electric mixer at medium speed. Scrape bowl constantly.

Then add 5 large unbeaten egg whites, or 3 large unbeaten whole eggs (approx. 2/3 cup, room temperature). Blend well. Beat only 2 minutes with electric mixer at medium speed. Scrape bowl constantly. Bake 30 to 40 minutes or until done when tested.

### Variations

Fold into batter after eggs are added:

1/2 cup finely shredded chocolate or 1/3 cup finely crushed peppermint stick candy or 1/3 cup shredded coconut or 2 tablespoons molasses, 1/4 teaspoon cloves, 1/2 teaspoon nutmeg & 1/2 teaspoon cinnamon. Or use only 1/3 cup shortening and add 1/3 cup chunk style peanut butter.

## PLAIN AND FANCY - TWO CAKES IN ONE

Prepare your favorite angel food cake (homemade or box-type), following package directions for your altitude. Lastly, sprinkle over the top of dough, and carefully & quickly fold in:

1/4 cup fully drained, finely chopped maraschino cherries	1/4 cup finely chopped pecans
--	-------------------------------

Bake per package directions in two loaf pans (9x5x3). Cool per package directions.

With one cake: Ice with your favorite butter-cream icing.

With the second cake: Slice into three layers and freeze to make cake firm. Using the same two loaf pans, line with wax paper, extending paper over sides (for easy removal later), pack equally into the two pans, two pounds (creamery weight) or about 1/2 gallon "White House" ice cream. Layer the frozen cake and ice cream, beginning and ending with cake. Refreeze until firm.

Ice with: 1 or 2 packages prepared dream whip, whipped quite stiff and tinted with red food coloring. (I use two packages - however, one would cover it.)

Return to freezer for storage for an "Instant" company or party dessert.

NONI CHAROVANO, 1360 Mariposa Drive, Denver, Colorado 80221

## CLABBER MILK CAKE AND ICING

### Clabber Milk Cake:

1-3/4 cup sugar	2	Tablespoons plus 1 teaspoon cocoa
1/2 pound butter or margarine	2-1/2	cup buttermilk or clabber milk
3-1/2 cups sifted flour	2	eggs
2 teaspoons soda		

Cream butter and sugar. Add eggs. Add sifted dry ingredients with milk. Bake at 375 degrees for 45 to 60 minutes in two greased and floured 9 inch pans or large sheet cake pan.

### Clabber Milk Icing:

1 cup sugar	1	cup chopped pecans
1 cube butter or margarine	1	cup canned milk
1 cup coconut	1	teaspoon vanilla

Mix together and cook until thick about 10 minutes. Cool before spreading on cake.

MARION SWITZER

## SALAD DRESSING SPICE CAKE

In mixing bowl add the following and mix:

1 cup sugar	1	cup cold coffee
2 cups flour		dash salt
1 teaspoon soda	1	teaspoon each of cloves, cinnamon
2 Tablespoons cocoa		& nutmeg
1 teaspoon vanilla		

400 degree oven: loaf 9 x 13 - 35 minutes  
layers - 30 minutes  
cupcakes - 20 minutes

This can be used as is for 5,000 to 10,000 feet.

### ICING

Cook to soft ball: 1 cup sour cream and 1 cup sugar. Add 1 teaspoon vanilla and beat until thick.

SHIRLIE SIMIANER, Rt. 1 Box 119, Peyton, Colorado

## MOCK ANGEL FOOD CAKE

1-1/2 cups flour	1-1/3 teaspoon baking powder
1-1/4 cups sugar	

Sift together 4 times. Add one cup sweet milk, scalded and cooled to lukewarm, teaspoon lemon extract, whites of 2 eggs beaten to froth. Stir in lightly and bake.

MR. GLEN B. JONES

## LEMON PECAN FRUIT CAKE

1/2	pound butter or 1 3/4 sticks margarine (for Denver altitude or higher, subtract 2 tablespoons of whichever one you use.)
2	Cups brown sugar packed
3	egg yolks, beaten
2	cups sifted all-purpose flour
	1/8 teaspoon salt
	1/2 teaspoon baking powder
	1/4 cup milk
1	tablespoon lemon extract
	1 tablespoon vanilla extract
	1/2 pound candied pineapple cut in about 1/2" pieces (I use the red, green and white)
	1/2 pound candied cherries cut in half (I use the red and green)
2	cups broken pecans
3	egg whites stiffly beaten

Cream butter and sugar together until very fluffy. Beat in egg yolks. Sprinkle a small amount of the flour over fruits and nuts, mixing lightly. Sift remaining flour with salt and baking powder. Add flour mixture alternately with milk and egg mixture. Blend in lemon and vanilla flavorings. Remove from mixer and by hand fold in fruits and nuts. Fold in egg whites, lightly but thoroughly. Turn batter into a 9 1/2" tube pan which has been greased, floured and lined on the bottom with greased waxed paper. Bake in oven preheated to 300 about 1 hour and 45 minutes or until wooden pick inserted near center comes out clean. Place shallow pan of water in bottom of oven during baking period. Let cake cool completely in pan set on rack. Do not invert to cool!

Any time after the cake is completely cool you may decorate and glaze if you so desire. It probably won't make it taste any better, but certainly gives it the professional look.

**GLAZE:** Combine 1 tablespoon white corn syrup and one tablespoon water. Bring to rolling boil. Boil one minute. Apply with pastry brush while hot on cooled cake. Decorate top of cake with additional fruit and nuts. Let glaze dry. Re-heat remaining glaze, and apply over fruit and nuts. Allow to dry completely and store.

**Notes:** I usually wrap mine in foil, put them in a plastic sack and store either in the refrigerator or during the holidays, in a huge cooker in the garage. If you decide to freeze some of the cake be sure to let it "age" two or three months before you do so.

This cake should "age" two weeks before using for the proper blending of flavorings.

Cut in bite size pieces, this adds color and variety to your holiday cookie and candy tray, in addition to being a dessert in itself.

This receipe will make three of the old time one pound coffee cans full or three little 7 1/2 X 3 1/2 X 2 1/4 loaf pans, and these will take approximately the same time to bake as the large one.

MRS. ALLEEN McLEOD, 2540 South Jasmine, Denver, Colorado

## PINEAPPLE CASHEW CAKE

3/4 cup real butter	3 stiffly beaten egg whites
1-1/4 cup sugar	2-1/2 cups sifted cake flour
1/2 teaspoon salt	1 Tablespoon baking powder
1 teaspoon vanilla	3/4 cup milk
3 egg yolks	1/2 cup undrained crushed pineapple

Cream butter, sugar, salt and vanilla. Add egg yolks one at a time; continue creaming until light and fluffy. Sift flour with baking powder three times. Add sifted dry ingredients alternately with milk to the creamed mixture. Add pineapple to batter, mixing until smooth. Fold in beaten egg whites. Pour batter in two greased 9 x 1-1/2" round cake pans. Bake in preheated 350 degree oven, 25-30 minutes.

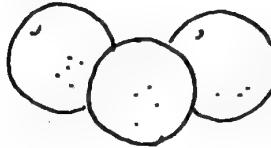
### ICING

3/4 cup real butter	1 egg yolk
3 cups sifted confectioner's sugar	1/3 cup undrained crushed pineapple
1/4 teaspoon salt	4 ounces cashew nuts, toasted, coarsely chopped

Cream butter with sugar and salt. Add egg yolk and continue creaming until light & fluffy. Add pineapple; mix well. If necessary, add more sugar to give spreading consistency. Ice cake and sprinkle top with cashews.

CAROL JETER

## ORANGE KISS ME CAKE



6 ounce can (3/4 cup) frozen orange juice, concentrated, thawed	1 teaspoon salt
2 cups flour	1/2 cup shortening
1 cup sugar	1/2 cup milk
1 teaspoon soda	2 eggs

1 cup raisins
1/3 cup chopped walnuts

Grease and flour bottom of 12 x 9" pan. Combine 1/2 cup orange juice concentrate with remaining ingredients in large mixing bowl. Blend at lowest speed of mixer for 30 seconds. Beat 3 minutes at medium speed. Pour into pan. Bake at 350 degrees for 40 to 45 minutes until cake springs back when lightly touched. Use 1/4 cup of remaining orange juice to add to powdered sugar for frosting. It's very good.

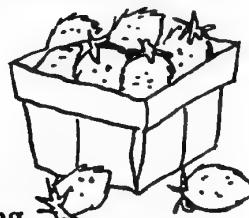
HELEN M. FOSTER, Walsh, Colorado

## SOUR CREAM ORANGE-GLAZED FRUIT CAKE

1/2 cup butter or oleo melted	1/4 teaspoon salt
1 cup sugar	1 teaspoon baking powder
1 - 2 tablespoons finely grated orange rind	1/2 teaspoon baking soda
2 eggs, separated	1 cup broken nuts
1 cup sour cream (thick) commercial or home-soured cream okay.	2 cups coarsely chopped dates
	2-1/2 cups sifted all-purpose flour

Combine butter or oleo, sugar and finely grated orange rind. Add 2 beaten yolks and blend well. Sift together dry ingredients and add alternately with sour cream, beginning and ending with dry ingredients. Add dates and nuts and mix well. Beat egg whites stiff but not dry and fold in carefully but thoroughly. Batter will be very stiff. Turn into a greased and floured 9 - 10" tube pan or form-cake pan with removable bottom. Bake at 350 degrees 1 hour or until tooth pick comes out clean and cake begins to pull away from sides of pan. Turn out on a cake cooler placed in a large shallow pan. Dribble over cake, 1 tablespoon at a time, 1/2 - 3/4 cup of orange juice and 1/2 cup sugar mixed together. Tilt cake to allow mixture to coat top and sides evenly. Repeat using mixture from shallow pan. Cool and allow to stand several hours or overnight before serving. Wrap in plastic-wrap and place in tightly covered container. Store in cool place.

MARIE ULERİ, R. 1 Box 134, Sedalia, Colorado



## BUSY DAY FRESH STRAWBERRY CAKE

1 large package white cake mix	few drops red food coloring
1 package (3 oz.) strawberry jello	4 whole eggs
3/4 cup water	1/2 cup strawberries and juice (This is
1/2 cup salad oil	half a package of frozen strawberries,
1/4 cup flour	thawed. Reserve the other half for
	icing.)

Mix cake mix and flour. Add jello, water, salad oil. Add eggs one at a time beating well. Stir in strawberries and juice and add coloring to suit yourself. Bake at 350 degrees for 25 to 30 minutes or until done. This is a big cake so it would be better off in a greased and floured 10 x 14 x 2" pan although I bake mine in a 9 x 13" pan.

## ICING

1 stick oleo or butter	1/2 teaspoon salt
1 box sifted powdered sugar	1/2 cup strawberries and juice

Melt oleo and cool to lukewarm. Add strawberries and juice and salt. Add powdered sugar slowly, beating well until you have the desired icing consistency. Add red food coloring if you desire a prettier pink.

KAREN ALLEN, 158 So. Garfield, Denver, Colorado

## SWISS CHOCOLATE CAKE

1-3/4 cup sifted cake flour	1-1/4 cups evaporated milk
2 teaspoons baking powder	2 eggs
1/4 teaspoon soda	1 teaspoon vanilla
1 teaspoon salt	2 squares unsweetened chocolate
1-1/2 cups sugar	1/4 teaspoon red food coloring (opt.)
1/2 cup shortening (room temp.)	

Measure flour, baking powder, soda, salt and sugar. Sift all. Stir shortening just until soft. Stir in flour mixture. Add 1 cup milk and mix until all flour is dampened. Beat 2 minutes with electric mixer or 300 strokes by hand. Add eggs, vanilla, melted chocolate and food coloring and remaining milk and mix well. Pour batter into one of the following pans:

2 - 9 inch pans - 350 degrees - 25 - 30 minutes  
3 - 8 inch pans - 350 degrees - 20 - 25 minutes  
1 - 12 x 9 x 2" pan - 350 degrees - 25 - 40 minutes

PAM WHELDEN

## FUDGE CAKE - No Levening

1 cup butter	4 eggs, seperated
2 cups sugar	2 cups flour
6 tablespoons cocoa (in small amount of hot water)	1/2 cup nuts
1 cup milk	flavoring
	salt

Cream butter, sugar, egg yolks and cocoa. Add salt.

Mix in milk and extract. Add flour all at once and mix in. Add nuts, and add beaten egg whites last, folded in gently.

Use 3 8-inch round pans. Bake 40 minutes at 300-350 degrees. (In my oven I use 350).

Where there is no levening in the cake, it eliminates adjustments for altitudes. I sometimes add more flour, depending on the brand I use, also add a few drops of almond extract and red food coloring. Too, when making a cake using beaten egg whites, I always beat them first, thus doing away with washing beaters after the creaming process. In order to keep the beaten whites in good condition while mixing other ingredients, I add about one half the sugar to them, making a meringue. It seems to work fine.

In greasing my pans when using a wax paper liner, I grease the pan, put in the paper which has been cut to shape, press it down good then take it out, turn it over and have both sides greased, with only one application.

RUTH STANLEY, Keota, Colorado

## **PICNIC CAKE**

---

1 small package dates, cut up.  
Pour 1-1/2 cups boiling water over the dates.  
Add 1 teaspoon soda. Cool.

Cream 1 cup sugar with 3/4 cup shortening.  
Add 2 eggs.  
Blend these three ingredients together.

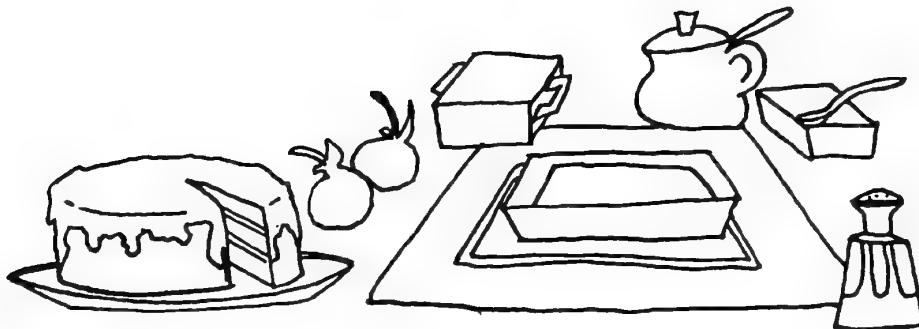
Sift together 2 cups sifted all-purpose flour, 3/4 teaspoon soda, and 1/2 teaspoon salt. Add dry ingredients alternately with liquid from date mixture, to the creamed mixture. Add dates last. Stir gently. Pour into greased 9 x 13 pan. Spread over the top of cake, the following mixture:

1/2 cup pecans, broken up

1/2 cup chocolate chips

Gently pat down, then sift 1/4 cup sugar over all.  
Bake 35 minutes at 350 degrees temperature.

**GERTRUDE TOTEMS**



## **HOT MILK CHOCOLATE SPONGE CAKE**

---

Preheat oven to 400 degrees

Combine:

2 cups sugar

1 teaspoon vanilla

4 eggs

Beat until creamy.

Add:

3 heaping Tablespoons cocoa

2 teaspoons baking powder

2 cups flour

1/2 teaspoon salt

Beat until creamy.

Add: 4 Tablespoons butter which has been melted in 1 cup hot milk. Mix until smooth. Bake in angel food cake tin for 30 minutes, or until cake springs back after slight touch. Cool. Remove from tin and ice with chocolate glaze.

**SHIRLIE SIMIANER**

## CHOCOLATE SAUERKRAUT CAKE

2-1/4 cups sifted flour	1/2 cup well drained chopped sauerkraut
1/2 teaspoon each soda and baking powder (rounded)	1/2 cup chopped nuts
1/4 teaspoon salt	1/4 cup cocoa
1 cup white sugar	1/2 cup brown sugar
1/2 cup shortening	1-1/4 teaspoon vanilla
3 eggs	1 cup water

Sift together flour, soda, baking powder, salt, and cocoa. Cream sugars and shortening until light and fluffy, add vanilla and blend. Add eggs one at a time, beating after each. Add dry ingredients alternately with the water, beating until smooth after each addition, add sauerkraut and nuts and mix thoroughly. Pour into greased and floured 13 x 9 x 2" pan and bake at 350 degrees for 35 minutes or until done. Frost with any desired frosting.

## EXTRA MOIST FUDGE CAKE

RUTH REICK, Hartsel, Colorado

3 cups flour	3 eggs
1-1/2 teaspoons soda	1 large can of applesauce
1-1/2 teaspoons salt	3/4 cup cocoa
1-1/2 cups sugar	2/3 cup hot water
3/4 cup wesson or crisco oil	1-1/2 teaspoons vanilla

Sift flour, soda, salt and sugar, into a large mixing bowl. Make a well in the middle, and put the eggs, oil and applesauce in. Beat thoroughly.

Make a paste of the cocoa and hot water. Add the paste and vanilla to the first mixture, and beat thoroughly once more.

Bake in 3 eight inch or a 10 x 14 x 2 loaf pan that has been greased and floured. Bake for 30 minutes in a 350 degree oven (or until done).

Note: I have this worked out for just 2 layers, in fact that is the way it was originally, but this cake freezes very well, either with or without icing, so I very often use 2 layers now, and freeze one perhaps another shape, such as square, or heart shape. I have never had a failure with this cake.

## PENNSYLVANIA DUTCH FUNNY CAKE

FRANCES CAMPBELL

Cake mixture:

3/4 cup sugar	1/2 teaspoon vanilla
1/4 cup shortening (I use oleo)	1 egg
1 cup flour	1/2 cup milk
1 teaspoon baking powder	

Mix as you would any white cake.

Chocolate mixture:

1/2 cup sugar	1/3 plus 1 teaspoon water
1/4 cup cocoa	1/2 teaspoon vanilla

Mix together until ingredients are blended.

Pour chocolate mixture into an 8 or 9 inch unbaked pie shell. Spoon cake mixture over the chocolate, making sure that none of the chocolate shows through the top. Bake at 350 degrees until done (when top is golden).

ANNETTE MEYER

## GERMAN CHOCOLATE CAKE

2	eggs	2	cups milk
1	package standard size chocolate cake mix	1	package instant chocolate pudding mix
<b>or</b>			
1	package yellow cake mix (standard)	1	package instant butterscotch pudding mix
2	eggs	2	cups milk

Makes 3 layers. Mix all together, beat 4 or 5 minutes. Bake at 375 degrees about 20 minutes.

As there are just two of us, this is what I use:

1	small package cake mix (white) (the package size that makes one layer)	1/2 package instant pudding mix - any flavor (1/2 pkg., is about 2-1/2 tablespoons)
1	cup milk	1 egg

Beat five minutes, bake in 8 x 8 pan, bake at 375 degrees. Ice with your favorite icing.

BESSIE CALDWELL, 1325 Zenobia, Denver, Colorado

## MILKY WAY CAKE

6	regular milky ways	3/4 teaspoon soda
1-1/2 sticks	margarine	1-3/4 cups buttermilk (I use regular milk)
1-1/2 cups	sugar	1/2 cup chopped nuts
4	eggs	1 teaspoon vanilla
2-1/2 cups	flour	1/2 teaspoon salt

- 1.) Melt milky ways and half the margarine in a saucepan.
- 2.) Cream rest of margarine with the sugar.
- 3.) To the margarine and sugar, add eggs, one at a time, beating well after each.
- 4.) Combine flour and soda and salt and add to creamed mixture.
- 5.) Add buttermilk, nuts & vanilla.
- 6.) Stir in milky way mixture.
- 7.) Bake in greased and floured 9 x 13" pan at 325 degrees for one hour or until done.

LINDA KAMBY, 4301 Gray, Denver, Colorado

## MILKY WAY FROSTING

Melt 2 regular milky way candy cars (broken up), one stick margarine and 3 Tablespoons milk in a saucepan.

Remove from heat - add 1 teaspoon vanilla and enough powdered sugar to thicken (approx. 1-1/4 cups) to spreading consistency.

LINDA KAMBY, 4301 Gray, Denver, Colorado

## EASY CHOCOLATE FUDGE OR FROSTING

(from pudding mix)

In a saucepan, melt 1/2 cup (1 stick) butter or margarine; stir in two 4-ounce packages regular chocolate pudding mix and 1/2 cup milk. Heat to boiling; boil one minute, stirring constantly. Remove from heat; beat in one pound box sifted confectioner's sugar. Stir in 2 teaspoons vanilla and 1/2 cup of chopped nuts. Pour in buttered 10 x 6 x 1-1/2 inch baking dish. Chill fudge before cutting into squares. Chill to spreading consistency if to be used for icing.

MARION A. HOGAN

## MINUTE FUDGE FROSTING

Combine:

1 ounce chocolate finely cut	1/4 cup shortening or oleo
1 cup sugar	1/4 teaspoon salt
1/3 cup evaporated milk	

Boil, stirring constantly, one minute. Beat until lukewarm; add 1 teaspoon vanilla and beat again until ready to spread.

This makes a good fudge topping for ice cream by adding more milk and again boiling only one minute.

HAZEL STONEMEATS, Fort Collins, Colorado



## CREAMY RAISIN FROSTING

Into 2-1/2 tablespoons cake flour, gradually blend 1/2 cup milk. Cook to a very thick paste, stirring constantly. Cool to lukewarm. Meanwhile, cream 1/2 cup butter with 1/2 cup granulated sugar, 1/4 teaspoon salt, 1/2 teaspoon cinnamon. Add the lukewarm paste. Beat until fluffy. Fold in 1/2 teaspoon vanilla, 1/2 cup coarsely chopped nuts, 1/2 cup raisins. Use about 1/3 the amount for filling. To remainder, blend in 1 cup powdered sugar for icing top and sides of cake.

MARGERET, ERIKSEN

## COCONUT TOPPING

1/2 cup brown sugar  
1-1/3 cups coconut

1/3 cup light cream or evaporated milk  
1/2 cup butter or margarine (melted)

Combine all ingredients and mix well. Let stand 5 minutes. Spread over cake and place under broiler and heat until brown and bubbly. Makes enough for 1 13x9x2 inch cake.

PAM WHELDEN

## INSTANT ICING

Combine:

1 cube soft butter or margarine	1 3-ounce package cream cheese
1 package instant pudding, dry (your choice)	1/4 cup sour cream
	1 teaspoon flavoring

Beat well. Add gradually and beat until light and fluffy - approximately 1 box confectioner's sugar.

This icing is good to put on a cake to take anywhere as the icing sets to touch on outside, soft underneath.

For Large Layer Cake:

3-1/4 cups plus 1 tablespoon sifted cake flour or 3 cups plus 3 tablespoons sifted all purpose flour	3/4 cup pure vegetable shortening
2-1/4 cups sugar	1-1/2 cups milk
2-1/4 teaspoons baking powder	2 teaspoons flavoring
1-1/2 teaspoon salt	8 large unbeaten egg whites (approximately 1 cup) or 5 large whole eggs (approx. 1 cup)

ERMA ROARK, Denver





## **COOKIES AND CANDIES**

## MOONBEAM COOKIES

To 2 egg whites beaten stiff, add 1 cup white sugar gradually and beat hard. Add 3/4 cup of shredded almonds, 1-1/2 cups chopped dates and 1 teaspoon vanilla; blend all ingredients lightly.

Drop by teaspoonful onto ungreased brown paper. Bake 18 to 20 minutes at 250 degrees.

Makes 26 cookies. Put on racks to cool.

MRS. ROY GRANT, Rt. 1 Hiwan Hills, Evergreen, Colorado

## HELLO NEIGHBOR COOKIES with BITTERSWEET ICING

(Fruit Flavored)

Preheat oven to 375 degrees

1 cube butter or margarine  
(room temperature)  
3/4 cup sugar  
1 3-ounce package fruit flavored  
gelatin

1 large egg, separated, unbeaten  
Flavoring (any type you prefer)  
1-1/2 cups plus 2 tablespoons unsifted  
flour

Cream butter, sugar, gelatin (or cocoa mix) until light and fluffy. Add unbeaten egg yolk and flavoring. Beat well. Add unbeaten egg white and flour. Mix well. Knead a few strokes in bowl to smooth. Roll in balls, place on greased cookie sheet, flatten with glass dipped in sugar. Bake 10 to 12 minutes. (Dough can be rolled in wax paper and refrigerated, or put in juice cans and frozen). No leavening, no liquid.

### BITTERSWEET ICING

Melt 1/2 cup chocolate chips over hot (not boiling) water. Cool slightly. Stir in 1/3 cup commercial sour cream and 1 teaspoon vanilla. (Use as is for a very black icing or add sifted confectioners sugar as you like, adding a bit of sour cream last to maintain gloss). This is a very good cake icing too. I double it. Keeps when covered, in ice box, very well.

You can add any kind of chopped fruits, gum drops, nuts, etc., to cookie batter. If test cookie spreads, you must knead in a bit more flour. If over-baked, the fruit cookies won't be as pretty a color.

In chocolate cookies, you can substitute 1 tablespoon cocoa for 1 tablespoon of the flour if you wish.

ERMA ROARK, 2619 Perry, Denver, Colorado

## CAKE COOKIES

(with variations)

Basic recipe:

1	cup sour cream (half and half is OK - not commercial sour cream)	2	eggs
1	cup sugar	1/2	teaspoon soda
2-1/4	cup flour (minimum amount) Add more if necessary	1	teaspoon baking powder
		1/2	teaspoon salt
		1	teaspoon vanilla (optional)

Beat together sour cream, sugar, eggs. Add sifted dry ingredients. Add flavoring and any of the variations listed. Bake at 400 degrees for 7 minutes. Drop by teaspoonful on waxed paper covered cookie sheet. Bake a test cookie, more flour is sometimes needed. (I think the weather sometimes affects these.)

Variations:

1. Chocolate Orange - Use only 3/4 cup sugar, Add 1/3 cup orange marmalade, 1 Tablespoon grated orange rind, 1 teaspoon orange flavoring and 1/2 cup cut up orange slice gumdrops. Frost with chocolate frosting.
2. Cherryettes - Add 2/3 cup chopped drained maraschino cherries, 1/4 teaspoon almond flavoring, and a few drops of red food coloring. Frost as you wish (nice for February).
3. Fruity Nutties - Add 1 cup chopped nuts, pecans and walnuts, 1 cup ground raisins. If you wish you can add 1 teaspoon cinnamon and 1/4 teaspoon each nutmeg and cloves. Frost with maple flavored frosting.
4. Lemon Blossoms - Add 1 Tablespoon grated lemon rind, 1/2 teaspoon lemon extract. Frost with lemon butter frosting.
5. Chippies - Add 1/2 package each of butterscotch and chocolate chips. Nuts if you wish. These are good with a burnt butter frosting. (Brown 2 Tablespoons butter in a saucepan, add 1/4 cup evaporated milk, stir in a sifted confectioners sugar until of spreading consistency.)
6. Pumpkin spice - Add 3/4 cup prepared pumpkin, 1/4 cup more flour, and 2 teaspoons pumpkin pie spice. Also good with chopped dates added (use maple frosting.)
7. Banana nut drops - Add 1 mashed banana, 1/2 cup or more flour, 3/4 cup chopped nuts, because the size of the banana varies, a test cookie must be baked. Plain white frosting - topped with a pecan half.

These are soft cookies. Don't bake too long. They barely turn golden. I always use wax paper to make these on because they stick so bad. A teflon pan might work better. Other variations to experiment with, mincemeat, coconut, peanuts, m & m candies, ground raw apple, crushed pineapple, and /or 2 squares melted chocolate. These cookies are not really sweet and the frosting should not be omitted.

MRS. GENE MARSHALL, North Star Route, Pine Bluffs, Wyoming

## PERFECT FUDGE BROWNIES

2	sticks margarine	1	teaspoon salt
4	squares (4 oz.) unsweetened	4	eggs, slightly beaten
	chocolate	2	cups sugar
1-1/2	cups plus 2 tablespoons sifted	1	teaspoon vanilla
	flour		3/4 cup chopped nuts
1/2	teaspoon double acting baking		
	powder		

Melt margarine and chocolate together over very low heat; cool. Sift together flour, baking powder and salt.

Gradually add sugar to eggs, mixing thoroughly. Add vanilla and cooled chocolate mixture, blending well. Stir in dry ingredients. Blend in chopped nuts.

Turn batter into greased pan, 13 x 9 x 2 inches. Bake in oven pre-heated to 375 degrees 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool thoroughly. Spread with fudge frosting, if desired. Cut into squares. Makes about 3 doz. large brownies.

## FUDGE FROSTING



2	squares (2 oz.) unsweetened	Dash of salt
	chocolate	1/2 teaspoon vanilla
3	tablespoons butter	2 cups (about) sifted powdered sugar
5	tablespoons milk	

Combine chocolate, butter and milk in top of double boiler. Cook over hot water until chocolate and butter melt. Stir to blend thoroughly. Add salt and vanilla. Mix well. Remove from heat.

Stir in enough powdered sugar to make mixture of spreading consistency. Spread quickly over brownies.

JANE HANSEN

## BROWNEYED SUSANS

3/4	cup margarine or butter
1/2	cup sugar
1	egg (beaten)
1	tsp. vanilla
1/4	tsp. salt
1	tsp. baking powder

42

1	seven ounce pkg. chocolate candy
	wafers. (Like Rockwood brand
	mints. I can't seem to find them
	anymore, so use a brand called
	Derans.)
	1-3/4 cups flour

Cream butter, sugar, egg, vanilla and salt. Stir in flour and baking powder. Mix well. Chill dough 1 hour. Shape in 1 inch balls. Place 1 inch apart on baking sheet and flatten each ball by pressing wafer in the center. Bake 8 to 10 minutes at 375 degrees. Remove immediately from pan. Depending on the size you should get about 3 dozen.

Notes: The mints come in mint and rum flavor. Both are good depending on your family's taste. When I'm in a hurry, I put the dough in my freezer for about 15 minutes to chill.

MRS. MARGE HRIBAR, 446 So. Nome Way, Aurora, Colorado 80011

### CHOCOLATE PINWHEEL COOKIES

1/2 cup shortening	1-1/2 cups flour
1/2 cup sugar	1-1/2 teaspoons baking powder
1 egg, beaten	1/8 teaspoon salt
3 tablespoons milk	1 teaspoon vanilla

Combine in the usual way by creaming shortening and sugar, the beaten egg, beating well, then add sifted dry ingredients and the vanilla. Divide dough in half. Add to half of the mixture 1 square of melted chocolate. Roll out white part in an oblong sheet, quite thin. Roll out dark dough the same way, and as nearly the same size and shape, as possible. Place the dark dough on the light dough and press the two gently together. Roll up like a jelly roll. Put in refrigerator to chill several hours or overnight. Cut in thin slices with a sharp knife, and bake for about 12 minutes in a 340 to 375 degree oven, until a light brown.

MRS. MURIEL FRIDDLE, Box 71, Limon, Colorado 80828

### MARSHMALLOW COOKIES

2-1/2 tablespoons cocoa (rounded)	1 cup milk
2 cups sugar	

Cook to a soft fudge mixture then add:

6 tablespoons butter	1 teaspoon vanilla
1/2 teaspoon salt	20 marshmallows

Beat until marshmallows are dissolved. Then add 3-1/2 cups rolled graham crackers and 1 cup chopped nuts. Drop by spoonful on waxed paper. This recipe requires a strong arm, but is worth the effort.

MARVEL GABEL, 1331 Xanthia Street, Denver, Colorado

## YUMMY SOUR CREAM TWISTIES

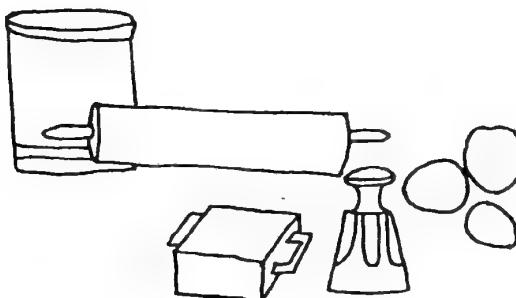
Dissolve until bubbly:

2 packages dry yeast	1/4 cup warm water
1/2 teaspoon sugar	1/2 teaspoon powdered cardamon seed
1 egg and 2 yolks beaten	3/4 cup dairy sour cream
1 cup oleo or butter	1 teaspoon vanilla extract
3-1/2 cups flour	1/2 teaspoon almond extract
1 teaspoon salt	

Cut butter or oleo into flour with pastry cutter. Add salt and prepare as pie crust. Add yeast mixture, sour cream, eggs and flavoring. Mix thoroughly, cover and refrigerate 2 or 3 hours. Sprinkle pastry cloth with granulated or powdered sugar. Remove the dough onto this and sprinkle with sugar. Roll into rectangle about 8 x 16 inches. Sprinkle with more sugar and fold both ends to center. Repeat this twice and roll about 1/4 inch thick. Cut strips about 1 inch by 4 inches. Twist in opposite directions and form into horseshoe shape or small strips. Repeat with rest of dough - let rise until double. Bake at 400 degrees on brown paper - remove immediately. Bake 15 minutes but watch it.

Very different, and loaded with calories.

LU STOEN



## ZANDMOPPEN

Scant 2-1/4 cups self-rising flour

1/2 cup plus 6 Tablespoons oleo (or butter)

2/3 cups superfine sugar (plain sugar)

Mix flour and sugar. Cut in the butter. Work it with your hands until dough holds together and forms a ball. (Takes about 5 to 7 minutes.) Let rest 1/2 hour (room temperature). Form into one or two rolls. Roll in (plain sugar) and cut in slices. Place on greased cookie sheet. Bake at 325 degrees about 15 to 20 minutes until light brown (do not overbake).

### Variations:

Sandcookies - roll out on floured surface; cut with cookie cutters. Bake a little shorter.

Spice Cookies - Add to dough - ginger, mace and nutmeg (to taste, about 1/2 teaspoon each).

Vanilla Cookies - Add 1 teaspoon vanilla.

Marbled Cookies - Add 2 to 3 Tablespoons cocoa in the last moment and work it through.

E. CUSIC (from Holland)

## GRAHAM CRACKERS

1/4 cup sugar  
1/2 cup dark syrup  
1 Tablespoon butter (large)  
1 egg  
3/4 cup sweet milk

3/4 teaspoon vanilla  
2 teaspoons baking powder  
salt  
graham or whole wheat flour

Cream the sugar and butter, add the egg and beat well. Add syrup and mix well. Add milk and flour alternately, using enough flour to make a stiff dough. Add vanilla, salt and baking powder, and mix thoroughly. If possible let the dough stand in a cool place before rolling. Dredge board with white flour and roll the dough thin; cut in squares and print each with a fork three or four times. Bake on a baking sheet in a medium oven.

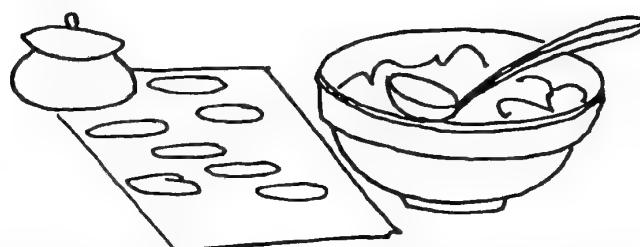
## "HELLO DOLLY" COOKIES

Melt 1/4 pound butter or oleo in a 10 x 13 inch pan over very low heat. Spread, one layer at a time, over the melted butter:

20	crushed Graham Crackers	1	cup coconut flakes
1	regular size package chocolate chips	1	can Eaglebrand sweetened condensed milk
1	cup finely chopped nuts		

Bake for 25 minutes at 350 degrees. When cooled, cut into bars or squares. Freezes well.

CHRYSTAL THOMPSON, Rt. 2, Box 227-E, Longmont, Colorado 80501



## GOLDEN COOKIES

6 egg yolks, well beaten. Add 1-1/2 cups sugar, 1 cup butter (or other shortening) and 1 teaspoon of vanilla. Beat this mixture well. Sift together and add, 2-1/2 cups flour, 1 teaspoon soda, 1 teaspoon cream of tartar, and 1/4 teaspoon salt. Mix thoroughly, then shape into balls the size of a walnut. Bake on ungreased cookie sheet at 400 degrees about 12 minutes or until golden brown. These do not need to be flattened out, but I sometimes dip the bottom of a glass in sugar, and flatten them some. Then to vary the taste, I sometimes use a sugar-cinnamon mixture to dip the glass into.

When I make an angel food cake, I just double this recipe, bake the cookies, package in plastic bags, and freeze them.

## NO BAKE CARAMEL COOKIES

---

36	Kraft caramels	1	cup coconut
4	tablespoons milk	1	cup chopped nuts
1	cup rice crispies		

Put caramels in top of double boiler with 4 tablespoons milk; melt, let cool slightly, then add rice crispies, coconut and chopped nuts. Mix well, roll into balls, flatten balls and roll in powdered sugar.

## MERRIE LYNN'S APPLE BUTTER COOKIES

---

Makes 1 dozen

Use an 8 by 8 or 9 by 9 square pan.

3/4 cup coconut, shredded	1/3 to 1/2 cup butter, depending on
3/4 cup oatmeal (quick type)	rich you like them
3/4 cup flour	1/2 cup brown sugar
3/4 cup apple butter	

Mix coconut, flour, oatmeal, butter and brown sugar until crumbly. Spread in square pan, at least half of the mixture. Spread apple butter on top, top with rest of crumb mixture. Pat down just a little bit. Bake at 375 degrees in oven until lightly browned, about 35 to 40 minutes. Cut while warm, into squares. You can vary by adding raisins as a layer or a dash of lemon to the apple butter.

## APPLESAUCE GEMS

---

1	cup soft shortening	1	teaspoon baking powder
2	cups brown sugar firmly packed	1	teaspoon salt
1/2	cup cold coffee	1	teaspoon nutmeg
1	cup applesauce	1	teaspoon cinnamon
3-1/2	cups sifted all purpose flour	1-1/2	cups chopped nuts
	1/2 teaspoon baking soda		

Cream shortening and sugar well. Add coffee and applesauce. Sift together dry ingredients and blend in, adding raisins and nuts last. Bake on lightly greased baking sheet at 375 degrees about 12 minutes.

To keep soft, store in airtight container. Makes 5 dozen.

MARY ANN VIENOT

## DIABETIC OATMEAL COOKIES

1/2 cup raisins	1/2 teaspoon baking powder
1/2 cup vegetable shortening	1 teaspoon vanilla
1 egg beaten	2 teaspoons artificial sweetener (or to taste)
1/2 cup rolled oats	1-1/2 teaspoon cinnamon
1 cup flour	1/2 teaspoon nutmeg
1/2 teaspoon soda	
1/4 teaspoon salt	

Cover raisins with water and boil slowly about 10 minutes. Cool and save. Cream shortening until soft and fluffy then add the egg and oatmeal. Add 4 tablespoons of the raisin liquid, the sweetener and vanilla. Add the dry ingredients and the raisins. Drop by heaping teaspoonful on greased cookie sheet and bake at 400 degrees about 12 minutes. Nuts may be added if desired.

BLANCHE ANDERSON, 14150 W. 48th Ave., Golden, Colorado

## COFFEE COCOANUT MACAROONS

2/3 cup Borden Condensed sweetened milk or 15 oz. can	2	cups flaked cocoanut
2 tablespoons instant coffee	1	package or 12 ozs. semi-sweet chocolate bits

Combine milk and coffee, stir in cocoanut and chocolate bits. Drop by teaspoonful on well greased cookie sheet, about 1 inch apart. Bake in pre-heated oven 8 to 10 minutes at 350. Remove from baking sheet at once, they'll harden as they cool.

Makes around 4 to 4-1/2 dozen cookies -- very rich but yummy.

MRS. ADELEA EGELING, 4440 Lowell, Denver, Colorado

## GERMAN LEP CAKES (COOKIES)

4 quarts flour	2 teaspoons allspice
3 pints molasses (dark)	1 teaspoon ginger
1 pint buttermilk mixed with	1 teaspoon nutmeg
6 teaspoons soda	3 eggs
1 pint walnuts (or any kind)	1 pint sugar
2 teaspoons cloves	2 cups shortening or butter (soft)
1/4 teaspoon salt	

Add citrons, currents or raisins. Mix all ingredients together in a large pan or dishpan. Add enough flour to make a stiff dough to roll. (Approx. 5 cups). This will vary with different flours. Roll out to 1/3 inch thick, cut with cookie cutters. Bake on greased cookie sheet until done (Approx. 12-15 minutes).

This makes a very large batch so I usually cut the recipe in half. Ice cookies with powdered sugar icing. Cookies stay fresh, if stored in cookie container, for 6 or more weeks. Good for shipment abroad.

## UNBAKED MACAROONS

---

2	cups sugar	1	stick butter or margarine
1	cup milk	3	cups crushed vanilla wafers
20	large marshmallows	1	cup coconut

Cook sugar and milk to the soft-ball stage. Add marshmallows and butter and stir until dissolved. Then add vanilla wafers and coconut, mix and drop by spoonful on waxed paper. A cup of nuts may be added.

Can use these for candy or cookies.

LUELLA MULLER, Elbert, Colorado

## CANDY CANE COOKIE

---

1	cup butter or margarine	2	teaspoons almond extract
1	cup powdered sugar	2-1/2	cups flour
1	egg		

Mix all ingredients well. Chill dough until it is easy to work with and chill when not making out cookies. Using a small ball of dough, shape into candy cane shape. Place on ungreased cookie sheet and bake about 9 minutes, in 375 degree oven. Watch closely and let the cookies get just lightly brown. Draw candy cane stripes on the cookies using red food coloring, with a small brush or the end of a match. These cookies break easy but they are worth being careful for and the children love them.

ELOISE ROGERS, 6771 Albion Street, Commerce City, Colorado

## PEANUT BRITTLE MERINGUE DROPS

---

3	egg whites beaten	1/2	teaspoon vanilla
1	cup sugar (white)	1/2	cup crushed peanut brittle
	1/2 teaspoon vinegar		

Beat egg whites until stiff and dry; add sugar gradually until all sugar is used. Add vanilla or vinegar, blend carefully. Fold in peanut brittle, drop by teaspoonful on ungreased brown paper. Bake 1 hour at 275 degrees. Remove from paper, place on rack. Makes 50 cookies.

MRS. ROY GRANT, Rt. 1 Hiwan Hills, Evergreen, Colorado

## PEANUT BUTTER PINWHEEL COOKIES

---

1/2 cup shortening	1-1/4 cups sifted flour
1 cup sugar	1/2 teaspoon soda
1/2 cup chunk-style peanut butter	1/2 teaspoon salt
1 egg	1 six ounce package chocolate bits
2 Tablespoons milk	

Cream shortening and sugar until light and fluffy. Beat in peanut butter, egg and milk. Sift together dry ingredients and stir into creamed mixture. Place dough on lightly floured wax paper. Roll in 15"x8" rectangle. Melt chocolate over hot (not boiling) water. Cool slightly and spread over dough. Roll like jelly roll lifting wax paper slightly with each turn. Chill 25 minutes. Slice cookies about 1/4 inch thick. Place on greased cookie sheet. Bake in 375 degree oven 8-10 minutes. Cool slightly before removing. Makes 4 to 6 dozen.

AGNES STARK, 1815 South Corona

## PEANUT BUTTER PINWHEELS

---

1/2 cup mashed potatoes	1 cup peanut butter
1 pound powdered sugar	1/8 teaspoon salt
1/2 teaspoon vanilla	

Cook and mash potato, very fine. Add no milk. To it gradually add salt and powdered sugar, beating well. Add vanilla. Turn half of mixture onto wax paper on board sprinkled with powdered sugar. Roll into rectangle 1/2 inch thick using a little powdered sugar if necessary to keep rolling pin from sticking. Spread with half of peanut butter and roll up like jelly roll. Make similar roll with rest of fondant and peanut butter. Cut into crosswise slices and place individually on waxed paper when thoroughly cold. Will keep for quite a while in refrigerator in tin can. No one will ever guess that potato is used in this candy. It is really good.

AGNES GRONSTEN

## PORTEO COOKIES

---

2 cups crunchy peanut butter	2 tablespoons of butter
1-3/4 cups powdered sugar	2 cups rice krispies

Cream peanut butter, blend in sugar, add rice krispies. Mold cookie the size of a walnut. Place in refrigerator until chilled.

Melt chocolate bits or Baker's Dot chocolate in top of double boiler. Dip mounds in chocolate with fork and place on wax paper.

These are very good and rich.

MRS. MARILYN MILLSAPPS, Rt. 2 Box 83-C, Conifer, Colorado 80433

## JUST PLAIN MOLASSES COOKIES

Cream together:

1-1/4 cups vegetable shortening	1	cup white sugar
1 cup brown sugar - packed		

Beat in:

2 slightly beaten eggs	1/2 cup molasses or sorghum
------------------------	-----------------------------

Sift together and blend into above gradually:

3-1/4 to 3-1/2 cups sifted flour	1 teaspoon each, soda, cinnamon, ginger
1/2 teaspoon salt	

Roll into balls the size of a walnut. Bake on ungreased cookie sheet at 375 degrees for 8 or 9 minutes. Cool a minute or two before removing from sheet to rack. Dough should be very stiff. Start with 3-1/4 cups of flour. Bake a test cookie. If needed, add 2 tablespoons more flour at a time, until cookies will bake without spreading. When done they should be just lightly browned around the edges and puffy in the middle. While cooling they will flatten and crack on the surface like ginger snaps. Store in airtight container to keep soft.

ARTIE DOZIER, 1644 South Cape Street, Denver, Colorado 80226



## NUGGETS

Sponge Recipe:

4 eggs	1-1/4 cups flour
1 cup sugar	1 teaspoon baking powder
2 tablespoons water	

Mix 4 eggs well beaten with one cup sugar. Beat well. Add the 2 tablespoons water, flour and baking powder. Bake as for sponge cake. I use a 12" x 8" pan, baking at 325 degrees for 1 hour.

Cut in bars (I make 15 to this size pan). Frost all over with powdered sugar icing mixed with milk (I use about 1 box powdered sugar). Roll in one pound of roasted peanuts ground fine.

Tips: These are messy to make but oh! so good. They freeze well. Lately I have added peanuts to frosting and then gone ahead and frosted each bar. Either way works.

JERRY BONKIEWISZ, Rt. 1 Box 57, Lodgepole, Nebraska

## DATE COOKIES

1	cup brown sugar	3	cups flour
1	cup white sugar	1	teaspoon soda
1	cup shortening	1	teaspoon vanilla
3	eggs	1/2	teaspoon salt

Cream sugar and shortening. Add flour sifted with the soda. Add eggs. Divide dough in four parts. Pat out in squares (on waxed paper). Spread date filling on each square. Sprinkle with nuts and roll. Chill. You can roll up in waxed paper, put in refrigerator and they will keep indefinitely. Can be frozen.

### DATE FILLING

1/2	pound dates	3/4	cup water
1/2	cup sugar		

Cook until thick, then cool.

DORA MUNSELL, 1041 Pratt, Longmont, Colorado



## BREAKFAST YEAST COOKIES

2	pkgs. dry yeast	1/2	teaspoon salt
3	cubes butter (or part oleo)	1	cup quick oats
3/4	cup warm water	1	cup flaked coconut
3	cups all purpose flour	1/2	cup sugar

Dissolve the yeast in warm water. Beat the butter until creamy. Sift flour and measure, then sift with salt, into butter. Add oats and coconut and mix until dough is blended and crumbly. Add yeast and stir until thoroughly blended. Chill mixture one hour or overnight for easy handling.

To bake, hand roll the dough into balls the size of walnuts. Roll in sugar. Flatten slightly and make indentation in center with thumb. Fill center with jam or a nut-meat. Bake 15 minutes at 350 degrees on extremely lightly greased cookie sheet. Makes 60 to 70 cookies. Store in a plastic bag.

This is a simple but fabulous recipe that makes cookies with a flavor similar to Danish pastry.

MRS. ROSE SPENCER, Hartsel, Colorado

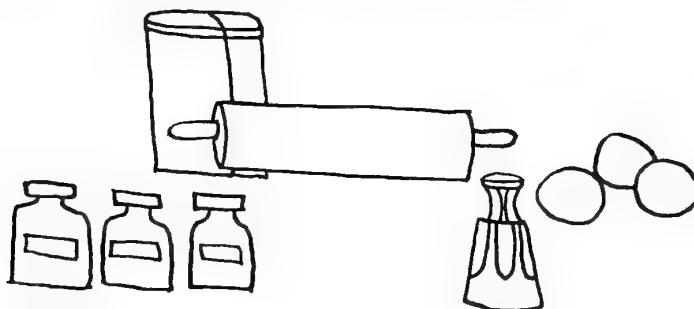
## CHINESE ALMOND COOKIES

4	cups all purpose flour (sifted)	2	cups soft shortening
1	teaspoon baking powder	1/2	cup blanched almonds
1-1/2	teaspoons almond extract	2	cups sugar (white)
1	teaspoon vanilla extract	1	egg slightly beaten
1	egg yolk (slightly beaten)		pinch of salt.

Preheat oven to 375 degrees. Sift flour with baking powder twice, into large bowl. Add shortening, sugar, egg, almond extract and vanilla extract. Knead mixture until thoroughly combined. Turn dough onto unfloured surface.

Lightly pat to 1/4 inch thickness. With floured 2-1/2 inch round cookie cutter, cut out cookies. Place 2 inches apart on ungreased cookie sheets (reshape trimmings and cut out more cookies).

Combine egg yolk, 1 tablespoon water and slightly brush top of each cookie. Now press a blanched almond into the center of each cookie. Bake 15 minutes or until golden brown. Makes about 5-1/2 dozen cookies.



## SPICY BANANA BARS

1	cup sifted all-purpose flour	1/4	teaspoon all-spice
3/4	cup sugar	1/4	cup shortening
1/2	teaspoon baking powder	1/3	cup mashed bananas
1/4	teaspoon baking soda	1	egg
1/2	teaspoon salt	1/4	cup milk
1/2	teaspoon cinnamon	1/3	cup chopped walnuts
1/4	teaspoon cloves		

Sift dry ingredients together. Combine shortening and bananas, and beat for two minutes. Add unbeaten egg. Beat 1 minute longer. Add dry ingredients alternately with milk. Stir in nuts. Spread batter thinly in a well greased and floured 9 x 13 pan. Bake 350-375 degrees for 20 minutes. Frost while still warm.

### FROSTING:

2	tablespoons melted margarine	2	tablespoons lemon juice
1	tablespoon hot water	1-1/2 to 2 cups	confectioners sugar

Mix margarine, hot water, and lemon juice. Blend in sifted confectioners sugar until it reaches a spreading consistency.

ANNE BIRSETTE, 1195 Balsam, Denver, Colorado

## JAM & GINGER BARS

Sift together:

2 cups sifted flour

1/2 teaspoon salt

1/2 teaspoon baking powder

Cream:

3/4 cup butter or margarine

1/2 cup sifted confectioner's sugar

Blend in dry ingredients, 1 Tablespoon water and 1 cup chopped salted cashews or whatever type of nut preferred.

Reserve 1 cup for topping. Press remaining crumbs firmly into bottom of ungreased 12 x 9 x 2 inch pan.

Combine a 12 ounce jar of orange marmalade, strawberry preserves, or raspberry preserves or whatever flavor desired.

Mix:

1/3 cup fine dry bread crumbs

1/4 teaspoon grated fresh ginger or

1/4 teaspoon ground ginger

Spread the above over crumb mixture and sprinkle top with reserved crumbs.

Bake in moderate oven (350 degrees F.) for 30 to 35 minutes until golden brown.

Cool. Cut in bars.

This is a nice bar to serve with an assortment of cookies for a party or open house – also nice for Christmas.

GERTRUDE EHLERS, 334 South Clarkson, Denver, Colorado



## CINNAMON COFFEE BARS

Cream together:

1/4 cup shortening or oleo

1 egg

1 cup brown sugar minus 3 tablespoons

Stir in:

1/2 cup hot coffee

Sift together and stir in:

1-1/2 cups sifted flour

1/4 teaspoon salt

1 teaspoon baking powder

1/2 - 1 teaspoon cinnamon

1/4 teaspoon soda

Blend in:

1/2 cup raisins

1/4 cup nuts (optional)

Spread in greased 9 x 13" pan. Bake at 350 degrees for 18 to 20 minutes. Cut in bars. Frost with thin powder sugar icing.

BONITA MERROW, Star Route Box 35, Morrison, Colorado

## FRENCH CREAM BARS

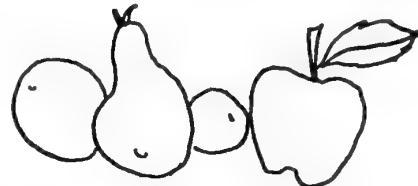
Mix and set aside to cool:

1 cup raisins ground  
1 cup hot water  
1 cup shortening  
2 cups brown sugar  
2 eggs  
1 teaspoon vanilla

1 teaspoon soda  
3 cups flour  
1/4 teaspoon salt  
1/2 teaspoon nutmeg

Mix ingredients and add raisin mixture. Bake in large greased jelly roll pan at 350 degrees for 30 minutes. Frost with powdered sugar icing and cut into squares.

MRS. CARL WESSEL, Nehawka, Nebraska



## APRICOT BARS (with Sherbet)

1-1/2 cups quick oatmeal  
1-1/2 cups flour  
1 teaspoon baking powder

3/4 cup butter  
1 cup brown sugar  
1-1/2 cup apricot jam

Mix flour, baking powder, oat meal, butter and brown sugar and mix well. Put 2/3 mix into 13 x 9 x 2" baking pan. Pat down. Spread jam on top. Sprinkle remaining 1/3 mix on. Pat down lightly. Bake in 350 degree oven for 35 minutes - will be golden brown all around edges. 3 to 4 dozen.

MRS. LOUISE MANION

## BUTTERSCOTCH BRICKLE BARS

Pre-heat oven to 375 degrees. Combine 1-1/2 cups sifted flour, 3/4 cup packed brown sugar, 1/2 cup soft butter, 1/4 teaspoon salt. Mix until crumbly. Press into 13 x 9 x 2" pan, bake at 375 degrees for 10 minutes. Meanwhile prepare butterscotch brickle - combine in top of double boiler one 6 ounce (1 cup) butterscotch morsels (bits), 1/4 cup corn syrup, 2 Tablespoons vegetable shortening, 1 Tablespoon water, 1/4 teaspoon salt. Stir over hot water until smooth, remove from heat, blend in 2 cups chopped nuts. Spoon over top of baked layer - spreading evenly. Bake combined mix for 8 minutes at 375 degrees. Cut into bars while warm. Makes 2 dozen bars. Any kind of nuts may be used. Coconut may be substituted for nuts.

ALURINE GAY, Sterling, Colorado

## HONEY PEANUT CANDY

1/2 cup creamed honey  
1/2 cup smooth peanut butter  
1/2 cup skim milk powder

1/2 cup seedless raisins  
1/2 cup chopped peanuts, walnuts  
or pecans

Combine all ingredients well and knead. Pack mixture evenly and smoothly into a buttered 8" square pan. Cover pan and chill candy in refrigerator for at least five hours. Cut into squares. Makes about 36 squares. This is very wholesome and good for the children.

ANNE BIRSETTE

## PEANUT BUTTER CRUNCH CANDY

1/2 cup white or brown sugar

1/2 cup dark Karo syrup

Bring this to a boil.

Then add:

3/4 cup crunchy peanut butter  
1 teaspoon vanilla

4 cups special K breakfast cereal

Mix well and make into small balls.

MRS. ANN DENNIS



## CARMEL CORN

1 pound brown sugar  
1/2 cup water

1/2 cup white syrup

Cook until a thread spins. Add 1/2 cube butter and 1 teaspoon soda. Stir until butter is melted. Pour on about 3 gallons of popped corn. Roasted peanuts added to the corn is delicious. Form in balls or leave lightly tossed.

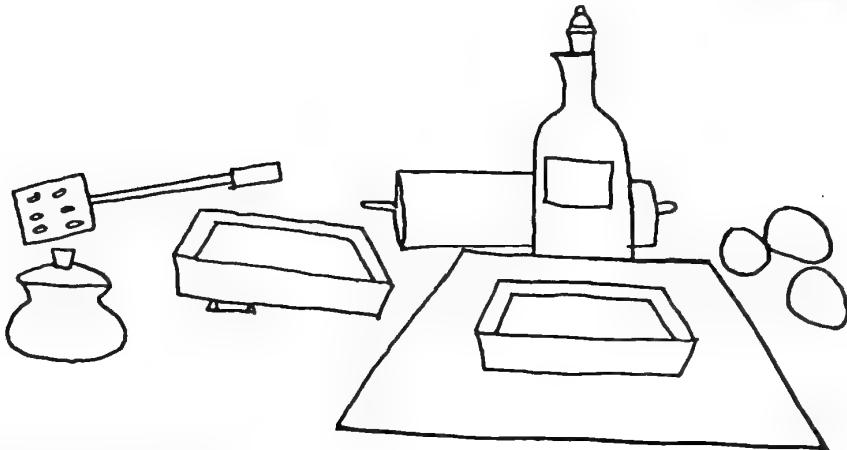
LORETTA YOUNGS, Westcliffe, Colorado

## VANILLA NUT FUDGE

1	package vanilla pudding (not instant)	1/2 cup evaporated milk
1	cup sugar	1 tablespoon oleo or butter 1/2 cup chopped nuts

Mix pudding sugar, milk, oleo together in a 1-1/2 quart saucepan; this should be a heavy saucepan. Stir until smooth. Cook and stir to an overall boil. Boil three minutes. Remove from heat. Stir in nuts. Beat until candy loses its gloss. Pour into a buttered pan. When solid cut into squares.

ROSA ESKEW



## NEVER FAIL FUDGE

1	pound of powdered sugar	1	3 ounce package of cream cheese
7	level tablespoons of cocoa	1	teaspoon of vanilla
1/4	pound of butter	1/2	cup of nuts chopped

Note: butter and cheese should be softened at room temperature before using. Put the powdered sugar and cocoa into a large bowl and with a spoon blend well. Add the butter and cheese, and using the hands, mix and blend all ingredients (blending takes only 4 to 5 minutes). Add vanilla and nuts, and blend in. Still using the hands, divide the mixture in half. Shape each half into the form of a log, about 12 inches long.

Wrap each log separately in a sheet of waxed paper. Place in the refrigerator, and chill at least 1 hour before serving.

When ready to serve, cut off pieces about 1/2 inch wide. Keep un-used portion refrigerated.

### Variations:

Cocoanut, raisins, candied fruit or any number of goodies may be added during the blending. To add a festive touch, the little cinnamon red hots or any decorative confection may be pressed across the top of each log before wrapping. This candy keeps well and can be made 2 weeks ahead of time, if kept well wrapped and refrigerated.

MRS. BESSIE KALLAS, Salida, Colorado

## MRS. JONES' BUTTER MINTS

4 cups sugar  
1 stick margarine

2 cups water  
10 drops oil of peppermint

Stir sugar and water in a 6 quart kettle that has a lid. Add margarine and place on heat. Cook with lid on for about 5 minutes to dissolve the crystals on the sides of kettle. Remove lid, put in candy thermometer and cook without stirring, to 252 degrees. Pour on a well greased marble slab or any smooth surface. A large aluminum tray or enameled table top will do.

Drop the oil of peppermint on the candy when you pour it on the slab. The sea level cooking temperature is 260 degrees.

As soon as it is cool enough to handle, take it up in your hands and pull like taffy until it is light and creamy looking. Stretch out in long rope like strips and cut with scissors. Allow to cream and then put in a container with a tight fitting lid to keep them from drying out.

**DO NOT STIR AT ANY TIME. DO NOT SCRAPER PAN.**

If a candy thermometer is not available, use the cold water test. Take up a teaspoonful and pour into a pan of very cold water and if the threads will snap it is cooked long enough.

Would suggest you try half the amount to experiment with. If it should sugar put in the same amount of water and cook over. Put the lid on and put on low heat until it dissolves. Then turn heat up and cook to 252 degrees again.

MRS. ETHEL T. JONES, 3113 Jon Street, Colorado Springs, Colo.





**MEAT — IMPORTANT FOOD!** Meat is the food around which meals are planned, prepared, and served. Meat occupies a central place in the meal because it contains most of the nutrients essential to health and is a food well liked by everyone.

## Guides to Meat Care

### FRESH MEAT:

Place fresh meat in the coldest part of the refrigerator or in the meat compartment. The temperature should be as low as possible without actually freezing the meat. Unless meat is to be used on the day it is purchased, it should be removed from the market wrapper and stored, unwrapped or loosely wrapped, in waxed paper or aluminum foil. If fresh meat is kept for three days or more, it should be frozen. Remember, fresh meat intended for longer storage periods should be frozen and stored at 0°F. or lower.

### PROCESSED MEAT:

Store cured and ready-to-serve meats in the coldest part of the refrigerator. Store in the original wrapper. Keep ready-to-serve meats no longer than one week. Keep cured meats no longer than one to two weeks (hams, picnics, loins, etc.). When freezing is absolutely necessary, wrap properly and limit the storage time to no more than sixty days.

### COOKED MEAT:

*Cooked Meat* should be chilled rapidly then covered and stored in the coldest part of the refrigerator.

### FROZEN MEAT:

Meats which have been properly wrapped and promptly frozen under recommended freezing conditions should be stored at 0°F. or lower for periods not to exceed those in the following table:



Meat	Maximum Storage Time (Months)
Beef	6 to 12
Lamb and Veal	6 to 9
Fresh Pork	3 to 4
Ground Beef and Lamb	3 to 4
Ground Pork	1 to 3

Compliments of...

**Sigman Meat Company, Inc.**

## **PIES**

## PIE CRUST

(Good for apple or cherry pie)

1 8 ounce package of cream cheese 1 cup flour  
1/4 pound oleo or butter

Mix and roll out. This makes 1 two crusted pie.

MRS. FAY WILT, 2171 Garrison, Lakewood, Colorado

## CHERRY CHOCOLATE PIE

### CHERRY CHOCOLATE PIE

3	cups cherries	Dash of salt
1	cup sugar	1 egg, beaten
1/4	cup flour	2 Tablespoons butter, melted
1/4	cup cocoa	1/4 teaspoon almond flavor

Put cleaned and pitted cherries in a large bowl. Mix sugar, flour, cocoa and salt and stir into the cherries. Then add the beaten egg, melted butter and almond flavor, mixing well. Put into a 9-inch unbaked pie shell and top with the following:

#### TOPPING

1/4	cup flour	3 Tablespoons butter
1/4	cup sugar	

Mix flour, sugar and butter until particles are fine. Put on top of pie filling and bake in a 400 degree oven 40 to 50 minutes or until done.

MRS. P. L. BROWNS, 5710 West 33rd Avenue, Denver, Colorado 80212



## FRESH GOLDEN SNO-PEACH PIE

4	eggs	1/4 cup cold water
	1/2 cup boiling water	1 teaspoon almond extract
3	ounces sugar (scant 1/2 cup)	3 large fresh peaches or
1	tablespoon unflavored gelatin	12 ounces frozen peaches.

Break eggs into a sauce pan; add sugar. Place in double boiler and stir until eggs are heated thoroughly. With electric beater, whip until mixture is light and fluffy - 4 to 5 minutes. Add gelatin which has been softened in 1/4 cup cold water then dissolved in the 1/2 cup boiling water, to the egg mixture. Set bowl in a little ice water and stir gently until mixture begins to thicken. Add almond extract and fold in the sliced peaches. Pour into a pre-baked and cooled pie shell. Let cool in refrigerator for one hour or longer. Top with whipped cream before serving. Serves 6 to 8.

JOYCE SMYTHE, 9415 Fleetwood Drive, Lemmon Valley, Nevada

## LEMON CHEESE PIE

2 eggs beaten	1/2 cup of rich milk
1/2 cup sugar	juice of one lemon
12 ounce carton cottage cheese (small curd)	1/2 teaspoon of grated lemon rind
	1 level tablespoon flour

Mash cheese with a fork to break it up a little. Beat eggs, add sugar, cottage cheese and stir in the tablespoon of flour. Then, add the milk, lemon juice and grated rind. Mix and pour into unbaked pie shell and sprinkle top with cinnamon and bake at 350 degrees for 45 minutes to 1 hour in 9 inch pie tin. If using very dry cottage cheese, omit the flour in the pie filling.

MRS. EDNA ALLEN, Haxtun, Colorado



## EASY PUMPKIN PIE

I use graham cracker pie crust.

Place 2-3/4 cup (6 or 7 ounces) miniature marshmallows, 1 cup canned pumpkin, 1 teaspoon pumpkin pie spice, 1/4 teaspoon salt in sauce pan. Cook over low heat, stirring constantly, until marshmallows are melted. Cool. Fold in 1 cup heavy cream, whipped. Pour into pie shell and chill until firm. Serves 6-8.

MRS. WALTER F. THOMAS, Eagle, Colorado

## PINEAPPLE SOUR CREAM PIE

3/4 cup sugar	2 slightly beaten egg yolks
1/4 cup all-purpose flour	1 baked 9-inch pastry shell
1/2 teaspoon salt	2 egg whites
1 #2 can (2-1/2 cups) crushed pineapple (undrained)	1/2 teaspoon vanilla
1 cup dairy sour cream	1/4 teaspoon cream of tartar
1 tablespoon lemon juice	1/4 cup sugar

In saucepan, combine 3/4 cup sugar, flour and salt. Stir in next 3 ingredients, cook and stir until mixture thickens and comes to boiling. Cook 2 minutes. Stir small amount hot mixture into egg yolks. Return to hot mixture, stirring constantly. Cook and stir 2 minutes. Cool to room temperature, spoon into pie shell. Beat egg whites with vanilla and cream of tartar to soft peaks. Gradually add 1/4 cup sugar, beating until stiff and glossy. Spread on top of pie, sealing to edge of pastry. Bake at 350 degrees 12 - 15 minutes.

(You can also use whipped cream for topping instead of egg white. It is real, real good this way.)

WIN TEDESCO, Route 2 Box 115C, Longmont, Colorado

## HONEY APRICOT PIE

---

2 cups dried apricots

3 cups water

Cook 25 minutes, then rub through a sieve.

1 tablespoon unflavored gelatin - dissolve over hot water.

Add dissolved gelatin to apricots with:

1/3 cup honey

1/4 teaspoon vanilla

1/2 cup sugar

1/4 teaspoon salt

Cool until partly set.

Whip 1 package Dream Whip-type topping and fold into the above mixture.

Pour in baked pie shell.

F. MAYE KINNAMAN, Commerce City, Colorado

## DRIED FRUIT FRIED PIES

---

1	eight ounce package dried peaches or mixed peaches and apricots or use a package of mixed fruit	2	cups sugar or to taste
		4	cups Bisquick
			Enough buttermilk to make a biscuit dough

Cook fruit the day before until the fruit is soft. Let drain over night and then add sugar and mash until all the pieces are gone. Roll dough in pieces about the size of a saucer. Put fruit on one half of dough and fold the dough over fruit. Seal edges and pinch a firm edge with a fork. Fry in hot shortening in a heavy skillet about 1 third cup shortening to each time you put more in. Turn. When good and brown one can cook two at a time. This will make 12 pies.

AMY BRIDGES, 4936 Irving, Denver, Colorado 80221

## BEATLENUT PIE

---

3 eggs, well beaten

1/4 cup maple flavored syrup

1 cup sugar

1/4 cup quick cooking oatmeal

1/4 cup butter

1/4 cup pecans

1 cup milk

1/2 cup grated coconut

3 tablespoons flour

1 unbaked pie shell

1 teaspoon vanilla

Combine all ingredients except oatmeal, pecans, & coconut. Beat well. When ready to bake, add oatmeal, pecans and coconut. Pour in unbaked pie shell and bake in 350 degree oven until done (about 45-55 minutes.) It will be a dark golden honey-colored brown when it is done. The pie resembles custard pie in texture and the coconut, oatmeal and pecans form a crusty topping.

MRS. AL L. ANDERSEN JR., Box 89, Ault, Colorado

## CHESSPIES

(or Polish Christmas Treat)

1/4 cup butter or margarine	1/2 cup currants
1 large cup sugar	1 cup seedless raisins
2 eggs	3/4 cup chopped walnuts
1/2 cup top milk or light cream	1/2 teaspoon vanilla
(I use evaporated milk on occasion)	

First line greased muffin tins with a rich pastry, and then in a bowl, cream together the butter and sugar.

Add the eggs and milk which have been beaten together. Mix well. Mix in the currants, raisins, walnuts and vanilla. Mix thoroughly.

Fill the pastry shells with this mixture, and bake in a 350 degree oven until it is browned nicely and the filling is done (thick).

Makes about 16 medium-sized pies.

These are supposed to be served with whipped cream. My family prefers them without the cream - so for the past two years I have put a tiny green frosting wreath with red dot berries or decorated the top with just a bit of Christmas color from a decorator tube. They are so very pretty this way and make a lovely "gift from the kitchen".

## PUMPKIN-ORANGE GLAZE PIE

2 cups canned pumpkin	1/2 teaspoon cloves
1 cup white sugar	1/2 teaspoon mace
3/4 teaspoon salt	1-1/4 cups milk
3/4 teaspoon grated orange peel	2 slightly beaten eggs
1-1/2 teaspoons cinnamon	

Combine all ingredients and pour into unbaked 9" pastry shell. Crimp pastry high. Bake in 400 degree oven for 45 minutes.

### ORANGE GLAZE

4 teaspoons cornstarch	dash of salt
3 tablespoons water	1/4 cup sugar
3/4 cup orange juice	1 tablespoon brandy (optional)
1/4 teaspoon grated orange peel	

Blend cornstarch and water. Heat 3/4 cup of orange juice just to boiling. Stir in cornstarch mixture. Add orange peel and salt. Cook and stir until mixture thickens. Boil two minutes, stirring constantly. Remove from heat and add sugar and brandy. Spread the glaze on pie. May garnish pie with orange slices. Chill until firm. Serves 6 to 8.

MRS. ALICIA A. SNYDER, 793 Newport Street, Denver, Colorado 80220

## TRANSPARENT PIE

3 eggs	1 cup of light brown sugar, lightly packed.
1/2 cup of butter (use real butter)	

Thoroughly mix the yolks of eggs, butter and brown sugar. Line pie pan with your favorite pastry. Put in filling, smooth it over entire bottom of pie. I bake mine at 350 degrees until between light chocolate and dark chocolate brown. Remove from oven, let cool.

Make your favorite meringue out of the three whites, cover pie, and be sure to seal pastry edge with meringue. I sprinkle a little sugar on top of meringue, bake in moderate oven until light brown.

This is a southern recipe. It is very rich and one should not eat a very large slice until they find out about it. It is called transparent because when baked and cut you see a layer of the filling which looks almost transparent.

MRS. MAC FREELS CREWE

## RHUBARB CREAM PIE

Pastry for a 1 crust, 9 inch pie	1/4 teaspoon salt
4 cups of one inch rhubarb pieces	1/4 cup heavy cream
2 tablespoons butter or margarine	(I use undiluted canned milk)
1-1/2 teaspoons grated orange peel	3 egg yolks
1-1/3 cups sugar	6 drops red food coloring
2-1/2 tablespoons cornstarch	

- 1) Line pie pan with pastry. Bake and set aside to cool.
- 2) Melt butter or margarine in a heavy saucepan. Add the rhubarb, orange peel, and 1 cup sugar. Cook over medium heat, stirring frequently until rhubarb is just tender, about 8 minutes.
- 3) Meanwhile, mix together the remaining 1/3 cup sugar, cornstarch, and 1/4 teaspoon salt. Blend into the cream until mixture is smooth.
- 4) Remove rhubarb from saucepan with a slotted spoon, set aside, stir the cornstarch mixture into liquid remaining in saucepan. Bring rapidly to boiling stirring constantly. Cook for 3 minutes.
- 5) Vigorously stir about 1/4 cup of the hot mixture into egg yolks. Blend into mixture in sauce pan. Cook and stir over medium heat until thick . . . about 3 minutes. Blend in food coloring and rhubarb. Cool.
- 6) Turn filling into pastry shell. Top with meringue, cool.

## MERINGUE L'AVANGE

Beat 3 egg whites, 1/8 teaspoon salt, 1/2 teaspoon orange peel until frothy. Add 6 Tablespoons sugar gradually, beating constantly until soft peaks are formed. Pile lightly over pie filling, sealing meringue to pastry edge. Bake at 350 degrees for 15 minutes or until lightly brown.

BESSIE BAGGETT, Box 2, Eads, Colorado

## NO FOOL PIE

Combine:

1 cup self rising flour  
1 cup sugar

3/4 cup milk (very liquidy)

In a square pan, melt: 3/4 of a cube of butter or margarine.

Drain 1 large can sliced peaches and layer them in bottom of pan in melted butter.

Pour batter over peaches in even amounts. Bake in 350 degree oven for 45 minutes.

This can be topped with any topping. Cool and serve with ice cream.

Dried peaches can be substituted for the canned peaches.

FLORENCE E. ABEL, 10783 N. Lincoln, Denver, Colorado 80233



## CRANBERRY CREAM PIE

### Nut Pastry Shell

1 cup all-purpose flour  
1 cup coarsely ground walnuts  
1 teaspoon salt

1/2 cup salad oil  
1 tablespoon cold water

### Cranberry Cream Filling

1 package raspberry gelatin  
1 cup hot water

1 1 pound can whole cranberry sauce  
1 cup commercial sour cream

### Cream Cheese Topping

(Prepare 4 hours before serving)

1 package (3 ounce) cream cheese  
1 cup heavy cream

6 marshmallows, cut in quarters  
1/4 cup sugar

Nut Pastry - Mix first three ingredients in 9-inch pie pan. Make a well in center and pour in oil and water. Blend with fork. Press firmly into bottom and sides.

Bake at 400 about 20 minutes or until golden brown. Cool.

Cranberry Filling - Dissolve gelatin in hot water. Cool to lukewarm. Stir in cranberry sauce and sour cream. Chill until partially thickened. Pour into pastry shell. Chill until firm. Top with cream cheese topping just before serving.

Cream Cheese Topping - Cream cheese with fork. Add cream slowly, stirring until blended. Stir in marshmallows and sugar. Chill 4 hours. Before serving whip until thick. Spread and swirl over cranberry filling. Makes 8 generous servings.

(On the pastry, I just chop the walnuts, I don't grind them and 20 min. makes the crust quite dark but it tastes fine so don't think you have ruined it. In the filling you can use the strained cranberry sauce for a smoother pie, if you prefer. Usually this serves six at our house.)

MRS. DON W. VALENTINO, 2205 Grape Avenue, Boulder, Colorado 80302

## PECAN CREAM PIE

1 package vanilla pudding (prepared as directed on package using 1/2 cup less milk)

Add 1 teaspoon vanilla

Cool.

Add 1/2 cup or more chopped pecans.

Whip 1-1/2 cup whipping cream until it peaks. Add 2 Tablespoons sugar gradually, 1 teaspoon vanilla.

When pudding is cold, fold in 1/2 of whipped cream.

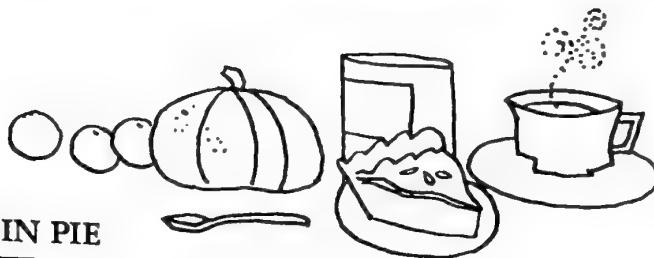
Pour in baked 9" crust.

Spread on top the balance of the cream and sprinkle with more chopped pecans or if you wish it more fancy, make a design of pecan halves.

I also make this pie using the Butterscotch pudding and use maple flavoring instead of vanilla.

I make these pies of the commercial cream whip. They are not as rich, but just as yummy.

GRACE WILSON, Eads, Colorado



## CHIFFON PUMPKIN PIE

### Nut Crust

1-1/2 cups ground nuts

1/2 cup coarsely chopped nuts

3 Tablespoons sugar

Mix nuts and sugar well. Press firmly against sides and bottom of 9 inch pie pan. Fill with filling. Spread on whip cream and chill well.

### Filling

1 packet or Tablespoon gelatin (Knox)

2/3 cups brown sugar packed

1/4 teaspoon salt,

1/4 teaspoon salt

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon ginger

1-1/4 cups pumpkin canned

3 egg yolks

1/2 cup canned milk

3 egg whites

1/4 teaspoon cream of tartar

1/2 cup sugar

Blend gelatin, brown sugar, salt and spices, pumpkin, egg yolks and milk. Cook, stirring until it boils. Cool. Beat egg whites stiff with sugar and cream of tartar then fold into pumpkin mix. Pour into cooled pie crust and garnish with whip cream. Chill well.

ALICE LOTT, 1906 6th Street, Greeley, Colorado

## APPLESAUCE COBBLER

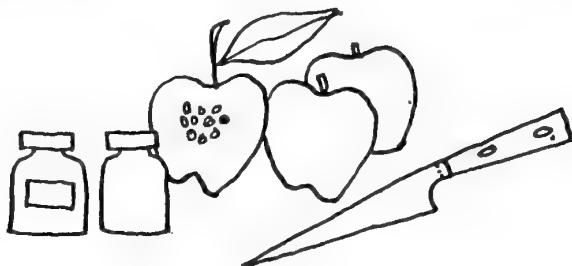
---

1-1/2 cups sifted flour  
1/2 teaspoon salt  
2-1/4 teaspoons baking powder  
1/2 cup sugar  
1/4 cup shortening  
1 egg  
1/2 cup milk

6 tablespoons butter or margarine  
2/3 cup firmly packed brown sugar  
1 cup applesauce  
1 tablespoon corn syrup (white)  
1 teaspoon cinnamon  
1/2 cup chopped pecans

Sift flour, salt, baking powder, and sugar. Cut in the shortening until it is crumbly. Blend in the egg and milk. Drop by tablespoonfuls into a greased 8 x 8 x 2 inch pan. Scatter the pecans over the top. Cream butter or margarine with the brown sugar until fluffy, stir in the applesauce, corn syrup, and cinnamon until well blended. Spoon over the batter. Bake at 375 degrees for 30 to 35 minutes or a rich golden brown. Delicious served warm with ice cream or whipped cream. You may want to change applesauce & corn syrup amounts for sweetness.

MARION CIOETA



## CARMEL TOPPED APPLE PIE

---

Put 5-1/2 cups sliced apples in saucepan, add 1/4 cup water, cover and steam 3 minutes. Turn out on cookie sheet to cool quickly; arrange in 9 inch pastry lined pan. Combine the following topping, except for caramels and milk, and sprinkle over apples:

3/4 cup each sugar and graham cracker crumbs  
1 tablespoon flour  
1/4 teaspoon salt  
1/2 pound caramels

and

1/2 teaspoon each cinnamon and nutmeg  
1/2 cup chopped pecan meats  
1/3 cup melted butter or margarine  
1/2 cup hot milk

Bake in hot oven (425 degrees) for 10 minutes, reduce heat to 350 degrees and bake 20 minutes. While pie is baking, melt together in double boiler, the caramels and the milk. Pour hot caramel sauce over top of pie, and continue baking for 10 minutes more. Cool before serving.

"This apple pie has a double topping. Graham cracker crumbs mixed with the pecan meats, sugar, flour, spices and butter go on apples first. When almost done, you pour melted caramel sauce over cracker topping and bake 10 minutes more).

MRS. GEORGE G. NEEDHAM, General Delivery, Franktown, Colorado

## MOCK PECAN OR OATMEAL PIE

1	stick margarine	1	teaspoon vanilla
1	cup white sugar	1/8	teaspoon salt
2	eggs	1/2	cup chopped English walnuts
3/4	cup dark Karo syrup	(Do not use pecans, the walnuts	
3/4	cup quick oats (use only quick oats)	are best)	
2	tablespoons flour		

Cream margarine, sugar, and eggs. Blend in the rest of ingredients with exception of nuts. Pour into unbaked pie shell; now sprinkle chopped nuts over top. Bake at 350 degrees for 40 - 45 minutes.

MILDRED LAW, Route 2, Zanesville, Ohio

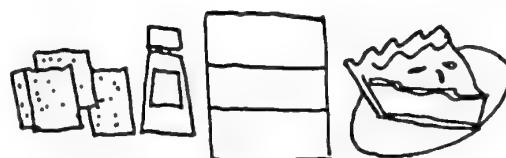
## WONDERFUL FUDGE PIE

(Make early in the day or 1-1/2 hours before serving.)

- 1.) Pack 1-1/2 pints vanilla ice-cream into a bowl and freeze. Heat oven to 325 degrees.
- 2.) Melt 3/4 cup butter with 3 squares unsweetened chocolate, stirring until smooth.
- 3.) With mixer at high speed, beat 3 eggs until thick (about 5 minutes). Beat in 1-1/2 cup granulated sugar until light colored, then blend in 3/4 cups flour, 1-1/2 teaspoon vanilla and chocolate mixture.
- 4.) Pour into greased 9 inch pie pan; Bake 30 minutes. Cool. Mix 1-1/2 teaspoon instant coffee powder with 3 tablespoons chocolate syrup.
- 5.) At serving time, dip ice cream mold in warm water, unmold on top of pie. Drizzle syrup over ice cream and pie. Serves 8.

Notes: If you prefer serve this pie hot with fluffy hard sauce instead of the ice-cream. The pie freezes well and is like a rich brownie in texture.

SALLY HARMS



## CRACKER PIE

3	Tablespoons oleo	3/4	teaspoon cinnamon
1-1/2	cups sugar	1/4	teaspoon nutmeg
1-1/2	cups boiling water	1-1/2	teaspoon cream of tartar

Stir above mixture and put 20 soda crackers in a pan and pour mixture over them. Bring to a boil and simmer 3 minutes. Pour into unbaked pie shell. Add top crust. Bake until crust is done.

MRS. CRIS EDWARDS, 6576 S. Kit Carson, Littleton, Colorado 80120

## MOTHER'S VINEGAR PIE

---

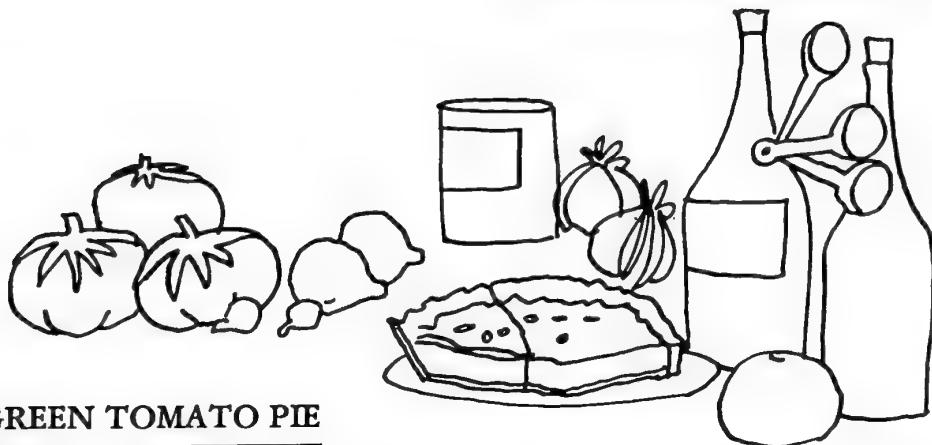
1 cup sugar  
1 heaping tablespoon flour  
1 tablespoon butter  
1 large egg, beaten

2 tablespoons sharp vinegar  
nutmeg to taste  
1 cup boiling water

Mix sugar and flour together. Blend in the beaten egg, water and vinegar to form a smooth paste. Cook in a double boiler, over hot water until smooth and thick. Remove from heat, add butter and nutmeg and pour into a baked pie shell.

Notes: A meringue may be put on top and browned as usual, if desired, but my mother always served it plain, without the meringue. Dabs of whipped cream on top dresses up the pie, and is very good too.

MURIEL FRIDDLE, Limon, Colorado



## GREEN TOMATO PIE

---

Slice thinly, enough peeled green tomatoes to fill an unbaked pie shell. Stir in 1-1/2 cups sugar, 2 tablespoons flour, 4 tablespoons vinegar, 1 tablespoon butter, 1 teaspoon cinnamon. Place in shell, top with another crust. Bake 15 minutes at 425 degrees; reduce heat to 350 and bake another 30-40 minutes.

ELSIE CHARLES, Flagler, Colorado

## BUTTERMILK PIE

---

1-1/2 sticks oleo  
6 eggs  
1/2 cup flour

3-1/2 cups sugar  
1 cup buttermilk  
1 tablespoon vanilla

Melt oleo very slowly - beat eggs well - add sugar and flour mixture - add oleo, buttermilk and vanilla. Pour into unbaked pie shells. Bake one hour and five minutes on lower shelf of oven at 325 degrees.

Makes 2 large or 3 small pies.

FERNE CARR, Box 338, Rising Star, Texas 76471

# Hello Neighbors visit Merrie Lynn



There's nothing that pleases us more than to have Hello Neighbor Clubs from around the area come to visit us here at the station. Midst fun and friendship, they join our broadcasts to share their special hobby ideas with all the "at-home" neighbors.

## LONGMONT VISITORS



## AURORA GROUP



One of our very talented young neighbors, Noni Charovano, made this cute center piece for one of our luncheon get togethers.



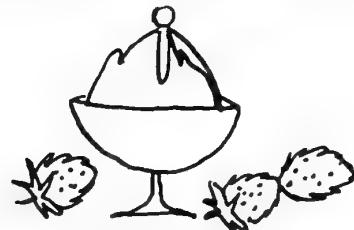


## **ICE CREAM AND DESSERTS**

## DIABETIC ORANGE-PINEAPPLE SHERBET

1	6-ounce can frozen unsweetened orange juice	3-1/2 cups cold water
1	6-ounce can frozen unsweetened pineapple juice	2 Tablespoons sweetener 1 cup non-fat dry milk solids

Combine all ingredients in an electric mixer bowl. Beat well and pour into trays. Freeze half frozen then put in mixer and beat 3 to 5 minutes until creamy but not liquid. Put into freezer trays and freeze again.



## BEST EVER ICE CREAM

(1 gallon)

2	packages strawberry flavored gelatin (3 oz. size)	2	cups heavy cream (canned milk - evaporated - may be used)
2	cups boiling water	2	teaspoons vanilla
2-1/3	cups sugar	3	or more cups fresh strawberries crushed, or 2 or 3 10-ounce packages frozen ones - according to your taste
4	well beaten eggs		
4	cups milk		
1/4	teaspoon salt		

Dissolve gelatin in hot water. Add sugar, eggs, milk, cream, salt and vanilla. Stir until well blended. Stir in strawberries. More milk may be needed. Fill to 1-1/2" of top of freezer. Freeze, using 6 parts ice to 1 part salt. This is equally good using raspberries - or any fruit and same flavor gelatin. (No need to wait for gelatin to cool - the next ingredients will cool it as you add them.)

GAYLE BLUMENSTEIN, 3363 So. Ogden, Englewood, Colorado

## NANCY'S FROZEN FOOD DELIGHT

In a sauce pan combine 2 Tablespoons sugar, 1 Tablespoon flour. Add 1/2 cup honey. Bring to boiling and cook 1 minute, stirring constantly. Gradually stir in 1/3 cup lemon juice into 1 beaten egg. Add small amount of honey mixture. Return to remaining mixture and bring just to boiling stirring constantly. Remove from heat and cool.

When cool, stir in one pound can drained fruit cocktail (2 cups), 1 cup banana slices, 1/3 cup diced orange sections, 1/4 cup maraschino cherries. Fold in 1 cup heavy cream that has been whipped. Pour into refrigerator trays. Freeze until firm. (3 - 4 hours). Cut into squares and garnish with orange sections or mint leaves and maraschino cherries. Serves 6 to 8. In hot weather I use a package of the plain gelatin (1 Tablespoon) so as to assure it will stand perfectly. Also you may vary the fruit any way and it will not affect it.

NANCY WRIGHT, Arapahoe, Colorado

## HERSHEY ICE BOX DESSERT

1	cup powdered sugar	graham cracker crumbs
1	cup nutmeats	1/2 cup butter
1/2	pound miniature marshmallows	3 eggs
1	16-ounce can Hershey chocolate syrup	

Cream the butter and the sugar thoroughly, add the chocolate syrup, and beat well. Add egg yolks one at a time and beat well after each addition. Add chopped nutmeats and marshmallows. Beat egg whites until stiff and then fold into chocolate mixture. Put graham cracker crumbs about 1/4 inch thick in the bottom of a 9 x 9 or larger square pan and pour in the chocolate mixture and cover with a fourth inch covering of graham cracker crumbs. Refrigerate. This will keep several days in the refrigerator. Cut in squares and serve with whipped cream.

MRS. LOUIS BEEMAN

## STRAWBERRY SUPREME



1	Tablespoon unflavored gelatin	2	teaspoons lemon juice
3	Tablespoons cold water	1	cup mashed, unsweetened
2	egg whites		strawberries
1	Tablespoon sucaryl or any other liquid sweetner		chopped walnuts (optional)

Soften gelatin in cold water, then dissolve over hot water. Beat egg whites until they stand in soft peaks; add sucaryl sweetener and lemon juice. Beat until very stiff, adding the dissolved gelatin while beating. Let egg white mixture stand in refrigerator about 5 minutes. Then, fold in the mashed strawberries to the egg white mixture.

Pile lightly into custard cups or sherbet glasses. Chill thoroughly. If desired, one teaspoon of chopped nuts may be sprinkled over each serving.

This makes 4 servings about 35 calories each, without the walnuts. When using the walnuts, it will be about 50 calories.

GLADYS M. MENNERSTROM, 120 So. Meade St., Denver, Colorado

## CHERRY DESSERT

1st Layer - crushed vanilla wafers (put as many as you like into greased 7"x12" pan)

2nd Layer - 1/2 stick margarine  
1-1/2 cups powdered sugar      cream together  
1 egg

3rd Layer - 1 can cherry pie filling

4th Layer - 1 small box dream whip (whipped)

5th Layer - vanilla wafer crumbs

Cover with plastic wrap and let set in refrigerator several hours or over night.

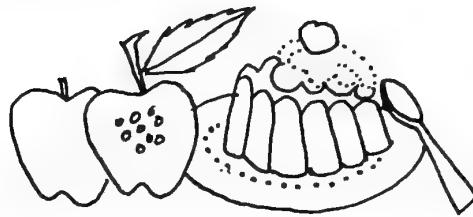
ROBERTA WINKLEMAN, 4139 Batavia Place, Denver, Colorado

## SOUR CREAM APPLE PUDDING

1	egg	6	medium size apples
1/2	cup sugar	1	cup flour
1/2	teaspoon salt		1/2 teaspoon cinnamon or nutmeg
1	teaspoon soda		1/2 cup raisins
1	teaspoon water		Whipped cream
	1/2 cup commercial sour cream		Chopped walnuts

Beat together thoroughly, the egg, sugar and salt. Dissolve soda in the water. Blend with sour cream, Add to egg and sugar mixture. Peel and core apples, slice thinly. Sift and measure flour and add to egg mixture, along with cinnamon or nutmeg, raisins and sliced apples. Turn into a buttered shallow 1-1/2 quart pan and bake in a 350-375 degree oven 50 minutes. Cover during the last five minutes of baking. Serve warm with whipped cream and nuts.

WANDA BLASIER



## APPLE SLUMP

Place lightly sweetened, thin applesauce in deep saucepan with tight cover. Add water if fruit seems thick. Bring to a boil and drop soft biscuit dough on top by tablespoonful. Cover, cook at least 15 minutes before lifting the lid. Keep fire low so fruit won't stick as dumplings cook. Spoon dumplings into deep sauce dishes and put some applesauce on top. Add a lump of butter to each serving and sprinkle with brown sugar. Serve hot.

NOTE: Quantities are not important but sauce should be about three inches deep in the pan. Cinnamon can be added to the sugar or spice to the applesauce. With biscuit mix and canned applesauce you can have a quick, easy dessert, good on a cold night.

This is an old New England recipe made by my grandmother and my mother.

MARGUERITE L. PETTEE, 3242 South Fairfax Street, Denver, Colorado

## COFFEE CARNIVAL

Combine:

1/3 cup minute tapioca	1-1/2 cups water
1/2 cup sugar	1/3 cup seedless raisins
1/4 teaspoon salt	

Put in a saucepan and mix well. Quickly bring to a full boil over direct heat, stirring constantly. Remove and cool. Stir mixture occasionally as it cools. When slightly cool add 1 cup strong cold coffee and 1 teaspoon vanilla. Chill thoroughly. Fold in 1/2 cup whipping cream which has been whipped. Serve in sherbet dishes.

MRS. LEAH BORUM, 299 Harlan Street, Denver, Colorado 80226

## PUMPKIN DATE YUMMY



1/2 cup chopped dates  
1/2 cup chopped walnuts

2 Tablespoons flour

Mix these three items and set aside

1/4 cup butter or margarine  
1 cup brown sugar  
1/2 cup canned pumpkin - plus water  
to make cup 2/3 full (about 3  
tablespoons water)  
1 teaspoon vanilla  
2 eggs

1/2 cup sifted all purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon mace  
1/4 teaspoon ginger  
1/4 teaspoon soda

Melt butter over low heat. Place brown sugar in mixer bowl, add melted butter and blend. Add the pumpkin with water, vanilla and eggs, beating until well mixed. Sift together the dry ingredients: add to pumpkin mixture, mixing thoroughly. Stir in the floured dates and nuts. Turn into a greased 9 inch round cake pan or 8 inch square and bake in preheated oven at 350 degrees about 30 to 35 minutes or until pick inserted in center comes out clean. Serve warm with whipped cream, icecream, or with canned cherries. May double recipe.

(I use my home canned or frozen pumpkin which is more moist than the commercial canned pumpkin and just measure the 2/3 cup without added water.)

MRS. HAROLD VIENOT, Route 1 Box 147B, Brighton, Colorado

## RAISIN BREAD AND BUTTERSCOTCH PUDDING

4	slices raisin bread, buttered on both sides	1/3 cup brown sugar dash of salt
1	four ounce pkg. butterscotch pudding mix	2 cups milk 1 teaspoon vanilla
1	egg, beaten	1 teaspoon nutmeg

Put raisin bread, buttered on both sides, into a buttered 10" baking pan (or Corning Skillet). Sprinkle pudding mix over top. Beat egg, add sugar, salt, milk and vanilla. Mix well and pour over bread and pudding mixture. Sprinkle with nutmeg. Set baking pan into a cookie sheet or larger pan with water in bottom (to prevent sticking). Bake at 350 degrees for 60 minutes. Remove from oven. (Optional: Sprinkle with 2 Tablespoons sugar and put under broiler for about 1 minute or until sugar has caramelized.)

Serve warm with cream, ice cream or whipped cream. Serves 4. (May also serve cold.)

For Coconut Pudding, use a coconut pudding mix and substitute 1/4 cup white sugar for the 1/3 cup brown sugar and add 1/2 cup coconut if desired.

MRS. P. L. BROWNS, 5710 West 33rd Ave., Denver, Colorado 80212

## CHERRY ROLY-POLY WITH CHERRY SAUCE

Sift 2 cups flour, 1/2 teaspoon salt and 4 teaspoons baking powder. Rub in 1 Tablespoon butter and gradually add 1 cup thin cream. Roll out on floured board 1/2 inch thick and place seeded cherries either fresh or drained canned. Roll like jelly roll and press edges. Arrange in buttered pan. Pour over a mixture of 2 cups water and 1 cup sugar - more if fresh cherries are used. Bake in hot oven for 25 minutes. Serve hot with a sauce made from juice of cherries thickened with cornstarch or cream.

MRS. CHRIS ZRUBEK, Route 3 Box 654, Fort Collins, Colo.

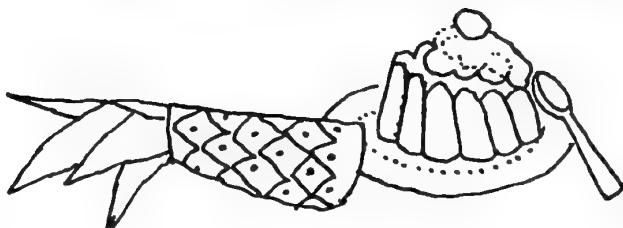
## DONNA'S BLITZ KUCHEN

1/2 cup sugar  
1/4 cup oleo  
3 egg yolks  
1/2 cup milk

1-1/2 cup flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 teaspoon vanilla

Cream sugar and oleo together. Add egg yolks, then the milk, alternately with the sifted dry ingredients, then the vanilla. Bake on a jelly roll pan at 350 degrees for 15 - 20 minutes. Cool. Pour over this, 2 cans of pie mix (cherry, berry or peach). Make your own if you wish. Beat 3 egg whites with 3/4 cup sugar. Spread over pie filling. Sprinkle with chopped walnuts -- about 1/2 cup and brown in oven at 375 degrees.

BERNICE LITTRELL, Rt. 1, Box 109 A, Berthoud, Colorado



## RICE BAVARIAN

2 cups cooked, chilled rice  
2 cups crushed pineapple  
1 cup small marshmallows  
1 pkg. orange, lemon, or pineapple flavored gelatin

1 cup hot water  
1 pkg. whipped topping mix or  
3/4 cup evaporated milk  
1/2 cup sugar

Dissolve gelatin in hot water and chill until syrupy. Whip the topping mix or milk until stiff and add to the gelatin which you have also whipped until light and frothy. Carefully fold into the gelatin and topping mixture the rice, sugar, pineapple, marshmallows. Place in large flat pan. Chill until firmly set or overnight.

This dessert will serve about twelve people, and is one that can be prepared ahead of time.

MRS. FERN SCHMIDT, 2122 So. Franklin Street, Denver, Colo.

## RHUBARB COBBLER

2-1/2 cups fresh (or frozen) rhubarb, cut small	1/3 cup flour
2/3 cup white sugar	1/4 teaspoon salt
	1/2 teaspoon cinnamon

Mix these first five ingredients and put into a buttered baking dish. Combine five ingredients listed below and put over the first mixture as a topping:

1 cup brown sugar	3/4 cup margarine
3/4 cup flour	1/2 teaspoon salt
1 cup quick cooking oats	

Sprinkle with 3 tablespoons of water and bake in a 350 degree oven for 40 minutes. Serve warm or cold with or without cream or sauce.

PEGGY ROGERS, Rt. 3 Box 170 B, Greeley, Colorado 80631



## HURRY-UP APRICOT DUMPLINGS

1 2-1/2 can of apricots (about 2 cups of fruit)	1 Tablespoon corn starch
1 package of refrigerator biscuits	1 Tablespoon lemon juice
1/2 cup brown sugar	2 Tablespoons butter or oleo

Drain juice from the apricots. Remove seeds from fruit. Put 2 cups of the juice in a sauce pan. Add brown sugar, lemon juice, butter and corn starch. Boil mixture until slightly thickened. Turn off heat and cool.

Stretch the refrigerator biscuits until 4 inches in diameter. Place 2 Tablespoons of apricots on the dough and pull the dough up around the fruit and pinch to hold in a ball shape. Place each dumpling in an 8 x 10 x 2" pan, being sure the pan is deep enough so that the juice will not run over. Pour the syrup over the dumplings carefully, sprinkle the dumplings with nutmeg or cinnamon if desired. Bake for about 25 to 30 minutes in a 375 degree oven. Serve warm with cream.

Other fruit may be used. If canned fruit is used, use the juice from the canned fruit for the syrup. If fresh fruit is used use 2 cups of water and one cup of sugar for the syrup.

FERN SCHMIDT, Denver, Colorado



You never know who you'll meet at  
**COLUMBIA SAVINGS AND LOAN ASSOCIATION**

Merrie Lynn interviews Mrs. Osco Freeman, Mrs. Colorado of 1965  
at Columbia's Opening.

Home Office — Denver



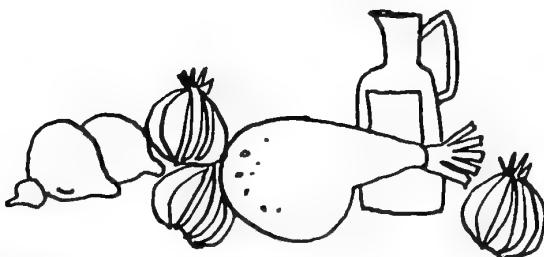
**DIPS,  
SAUCES  
AND  
SYRUPS**

## GUACAMOLIE DIP AVACADO MEXICAN STYLE

1 or 2 very ripe avacados, mashed  
1 small can of hot or plain canned  
or roasted green chili, mashed  
2 clove garlic, mashed or garlic salt  
1 small onion finely chopped if desired  
about teaspoon of lemon juice to keep  
avacado from turning dark.

Freshly diced tomatoes or drained mashed canned tomatoes can also be added.  
Fried corn tortillas can be broken and used.

MRS. EUNICE CHAVEZ, 2947 Vallejo Street, Denver, Colorado



## CHILI SAUCE

2	dozen medium red ripe tomatoes	1	cup sugar
4	medium or large onions	1	cup cider vinegar
3	green peppers	2	Tablespoons salt
chop all vegetables and add:		1	Tablespoon cinnamon
1	teaspoon cloves, ground	1/2	teaspoon allspice

Cook to boiling and then simmer for 3 hours. Pack in hot, sterilized jars and set aside until cool.

This is an old recipe of my grandma's - sweet and catsup-like, and so good on burgers and roasts.

BETTY CRIST

## CHICKEN AND SPARE RIB BARBEQUE SAUCE

3	cups ketchup	1/2	cup water
1/2	cup cider vinegar	2	tablespoons liquid smoke
1/2	cup Lee & Perrins (or Worcestershire sauce)	1	cup brown sugar
2	teaspoons strained mustard	garlic or onion to taste	

Cook all these ingredients together until thick. Makes a quart of sauce.

About a 3 pound to 3-1/2 pound chicken, and about a side of spare ribs cut into serving pieces. Place alternate layers in a roasting pan, well salted and peppered.

Cover and cook until tender in 300-325 degree oven. Remove the cover for the last half hour of cooking. Serves about 6, if they are not too heavy meat eaters, but better prepare more.

Some people might not want as much sugar.

CONSUELO SAYLES

## BUTTERSCOTCH SAUCE FOR ICE CREAM

1-1/4 cup brown sugar  
4 Tablespoons butter

3/4 cup light cream (I use half & half)

Boil sugar, syrup and butter to a soft ball stage. Add cream. Cool. This will keep indefinitely in refrigerator (if it stays there long).

2/3 cup light corn syrup  
(dark may be used)

GAYLE BLUMENSTEIN, 3366 So. Ogden, Englewood, Colorado

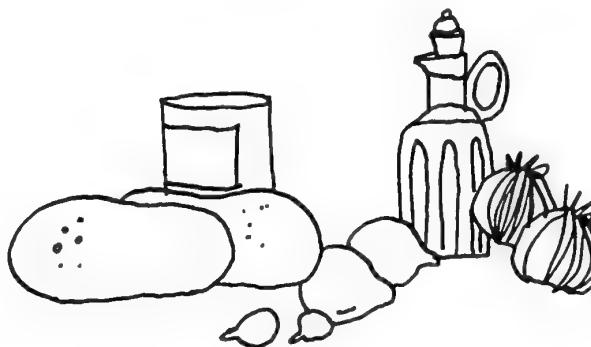
## SWEET POTATO SYRUP

1/2 cup white sugar  
1/2 cup brown sugar  
2 tablespoons cornstarch

1/4 cup butter  
1 cup water

Mix all together and cook until clear and thick. Pour over peeled and cooked sweet potatoes. Bake at 325 degrees for 30 minutes. You can double the recipe if necessary; also you can cook the syrup the day before and store in the icebox.

JOAN YAKEL, 1156 Atwood, Longmont, Colorado



## My own candid section . . .



1



2



3



As you can see I'm no photographer, but I take my little camera to various Hello Neighbor events and I have gotten some glimpses of neighbors I want to share.

Such as . . .

(1) Susanne Brown and her hobby that became an avocation, that of making hats. By the way, her pretty dress is complemented by a hat of matching material that she made.

. . . and (2) this completely candid shot of Noni Charavano and her mother Clara Hanks. Clara came down from her home in Deer Trail, Colorado, to join us at a friendly get-together luncheon which Noni helped organize.

(3) Esther and two Virginias . . . at the East Denver Aurora Club meeting . . . this meeting was their annual craft and hobby and Christmas display meeting at Virginia Burg's house.

. . . and I think this is a cute shot (4) of Marion Vienot and two of her darling daughters when they came down to show us how to make modeling 'goop' and other handcraft items that their family enjoys.

**SOUP  
AND  
SANDWICHES**

## GREEN TOMATO SANDWICH SPREAD

1	pint of green tomatoes	1	cup water
2	green peppers		1/2 dozen sweet pickles (small)
2	red peppers, sweet (2 pimentos, canned, may be used if the fresh red peppers are not available. They are needed to give the spread some color.)	3/4	cup sugar
2	tablespoons of salt	2	tablespoons flour
		2	tablespoons of prepared mustard
		3	well beaten eggs
		1	cup of sour cream
			1/2 cup of vinegar

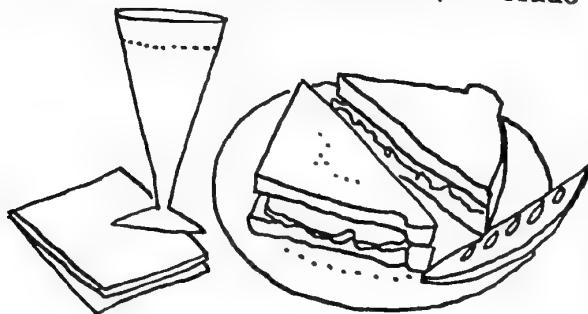
Grind the tomatoes and the peppers. (I use the medium or large hole disc on my grinder). Mix well with the salt. Let stand a short time. Drain. Add the water and cook until tender. Drain and add sweet pickles. Keep this mixture hot. Mix the dressing ingredients (sugar, flour, mustard, eggs, sour cream and vinegar) and cook until thick. Be careful not to let it burn. When thickened add the hot vegetable mixture. Seal in hot pint jars (sterilized). This will make about two pints. You can add a hard boiled egg and commercial salad dressing for thinning, and you have a thousand island dressing for salads.

By adding egg (hard-boiled), olives and a small amount of lemon juice, you have a tartar sauce. This may be thinned with commercial salad dressing.

Spread on bread for a sandwich.

May be spread on bread and used with lunch meat or cheese for a sandwich.

LUELLA NEELEY, 8542 East Briarwood, Englewood, Colorado



## LIBERACE - BURGERS

1	pound ground round steak
1	egg
1/4	cup chopped parsley
1/8	teaspoon garlic salt

1	teaspoon salt
1/8	teaspoon pepper
Generous dash of Worcestershire sauce.	

Mix well.

Cut four round buns in two. Spread meat mixture 1/4 to 1/2 inch thick. Top each with 1/4 strip bacon. Broil until meat is done, then top with slice of cheese and return to broiler until cheese melts.

Serve open face with slice of tomato on top.

CHRISTINE ODIN, 1100 Emerson, Denver, Colorado

## CHILI BURGERS



### CHILI BURGERS

- 1 pound of hamburger
- 1 can of chili beans with gravy
- 1 teaspoon cumin seed

- 1 small red (Japan) chili
- chili powder

Fry hamburger until brown then add all but the chili powder. Mash beans and simmer a while. Then add chili powder and simmer about 5 minutes. Use enough chili powder until the mixture is bright red in color. We eat this on steamed hamburger buns. To steam the buns I place in a collondar over a little water in a sauce pan. Top the bun with onion and pickle.

HAZEL HEIL, Jamestown Star Route, Boulder, Colorado

## SLOPPY JOES

- 1-1/2 pounds of hamburger
- 1/2 pound sausage
- 1 cup dry bread crumbs
- 1 onion ground, or 1 teaspoon onion salt

- 1 pine tomato juice (don't substitute)
- 1 tablespoon Worcestershire sauce
- 1 to 1-1/2 teaspoons salt
- pepper to taste

Mix and spread 2 inches deep in shallow pan. Bake 1 hour at 325 degrees, stirring twice. Serve on long buns.

FERN STEVENSON, Monte Vista, Colorado

## SPLIT PEA SOUP

- 2 cups green split peas
- turkey carcass or ham bone
- 1/4 cup onion flakes
- 1/2 cup celery flakes
- 1/2 cup chopped carrots

- 2 tablespoons butter or margarine
- 1 teaspoon curry powder
- 2 tablespoons flour
- salt if necessary

Soak split peas in water to cover overnight. Drain and simmer in 12 cups of water with the bone or carcass 3 hours. Add the vegetables and simmer another hour. Strain. Blend melted butter and curry with the flour, and add to soup, stirring well. Simmer 10 minutes longer and check seasoning. Serve with toasted croutons and a dusting of paprika.

This recipe will get the last bit of goodness out of the turkey carcass.

ANNE OAKSFORD, Aurora, Colorado

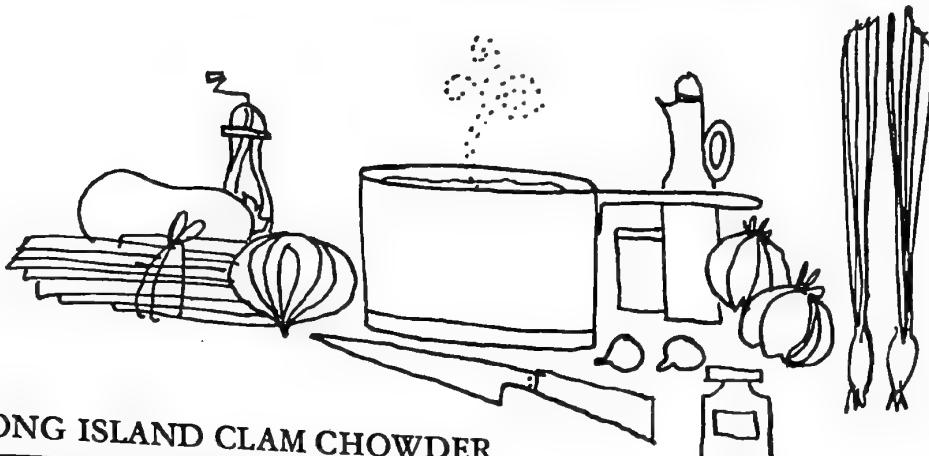
## MILANAISE SOUP

Slice 1 onion and fry in butter until golden brown and strain into chicken stock - 4 cups.

Just before serving, add yolks of 2 eggs (beaten) and 1 cup of cream.

Serve with grated Parmesan cheese and croutons.

MRS. RUFUS PUTNEY, Boulder, Colorado



## LONG ISLAND CLAM CHOWDER

2	large onions, chopped	1/4	teaspoon black pepper
1	clove of garlic, minced	3	quarts water
4	medium carrots, pared and diced small	1	number one can tomatoes
1	cup diced celery, small	1	tablespoon thyme or to taste
1	green pepper, diced small	1/2	teaspoon rosemary
1	medium potato, pared and cubed	2	cans minced clams and liquid
1	bay leaf	3	tablespoons cubed salt pork
2	teaspoons salt	1/2	cup flour
	1/2 teaspoon monosodium glutamate	1	tablespoon chopped parsley or less if desired

Combine onions, garlic, carrots, celery, green pepper, potato, bay leaf, salt, monosodium glutamate, pepper and water (or first 11 ingredients) in large heavy pot or kettle; cook slowly about 30 minutes or until vegetables are tender; add tomatoes, thyme, and rosemary. Simmer 5 minutes; drain clams, reserve juices. Cook salt pork in small sauce pan until brown and crispy then remove from heat. Blend flour in fat of pork, add clam juice, pour into chowder, simmer. Stirring until thickened, add clams, parsley and pork bits, simmer 5 more minutes.

Makes 6 - 8 servings. 164 calories per serving. This is real good with a green salad and french bread.

(When you remove pork bits take the pan from the heat to add flour and juice as this should be a paste to thicken the chowder.)

MABEL MOSER, Box 51, Franktown, Colorado

**MEATS,  
MAIN DISHES,  
FISH  
AND  
POULTRY**

## AMERICAN MADE PORK SAUSAGE

2	pounds lean pork (pork shoulder is fine)	1	teaspoon freshly ground black pepper
1	pound fat pork (here again, pork shoulder is fine)	1	teaspoon ground cloves
1	tablespoon sage	1	teaspoon ground mace
2	teaspoons salt	1/2	of a whole nutmeg, grated
		1	teaspoon ground coriander

Have the butcher grind the meat with a fine blade, and mix all the rest of the ingredients with it. This makes three pounds of sausage (obviously). Use in any manner you would use the purchased bulk sausage.

MRS. ALLEEN A. MC LEOD, 2540 South Jasmine Street, Denver, Colorado 80222

## ITALIAN SAUSAGE

1	pound lean pork and 1/2 pound fat pork (pork shoulder is fine)	1	small clove garlic
1-1/2	teaspoons salt	1/4	teaspoon freshly ground black pepper
1	teaspoon fennel seed	1/2	teaspoon chili powder

Have the butcher grind the meat with a fine blade. Grind the salt, fennel seed and garlic in mortar or mash well with blunt instrument. Combine all ingredients, mixing well, and use as you would the purchased sausage.

MRS. ALLEEN A. MC LEOD, 2540 South Jasmine Street, Denver, Colorado 80222

## BARBEQUED RIBS



3 pounds of ribs

In a shallow pan or electric skillet, place the ribs in a little cooking oil. Brush the sides of the ribs with liquid smoke, (a commercial preparation by that name) as you turn and brown them. Use one or two tablespoons of smoke. (I use a pastry brush to apply the smoke).

When the ribs are browned on all sides, pour the following sauce over them:

1	cup catsup	1	teaspoon chili powder
1/4	cup Worcestershire sauce	1	cup water
1/4	lemon juice	1	teaspoon celery seed
1	teaspoon salt	1/4	teaspoon paprika

Combine and heat to the boiling point. Pour over the ribs and simmer an hour or until tender. Add water as needed. Baste every ten minutes or so.

You can add 1/2 teaspoon cayenne pepper and 1 teaspoon tabasco sauce to the sauce but we don't like the ribs that spicy.

LUELLA HOFFMAN, Ft. Morgan, Colorado

## LINK SAUSAGE WITH APPLE DRESSING

1	pound link sausage	1/4 cup brown sugar
2	cups bread crumbs	2 teaspoons melted butter
1-1/2 to 2 cups	finely chopped apples	1 teaspoon salt
1/4 cup	chopped onion	

Fit sausages (Sigman's) in bottom of baking pan or dish. Make a dressing of the remaining ingredients using enough water or milk to bind dressing together. Pack in closely over sausages and bake 45 minutes in moderate oven (350 degrees) until brown and sausages are done. Drain off any excess fat before serving. Serves 4 nicely.

I have used sausage patties of bulk sausage and this works equally as well as links. One could also use slices from the popular sausage rolls of today's market.

LAVERNE F. TINTLE

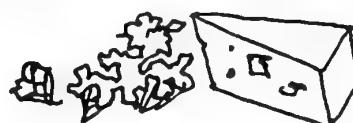
## LEFT-OVER BEEF SHORTCAKE

1 to 2 cups	finely diced leftover roast beef	1 can cream of mushroom soup
1/4 cup	chopped green pepper	leftover beef gravy
1/4 cup	chopped onion	1 teaspoon Worcestershire sauce
2	tablespoons butter or margarine	1/2 teaspoon basil leaves

Saute green pepper and onion in butter until limp. Add diced beef, undiluted soup, and whatever leftover gravy you may have. A small amount of water may be needed to keep it from sticking as it is heated over low heat. While heating, rub the basil leaves in palm of hand to a powder and add with the Worcestershire sauce. Simmer very gently 5 to 10 minutes. Serve over hot biscuits or some families may prefer this mixture on hot mashed potatoes, hot buttered noodles, toast points, or hot rice.

(Serves about 4)      ARTIE DOZIER, 1644 So. Cape St., Denver, Colorado 80226

## BEEF LOGS WITH BLEU CHEESE SAUCE



1	pound ground beef	1	Tablespoon shortening for frying
3/4 cup	soft bread crumbs	1	can (10-1/2 ounce) condensed
1	egg, slightly beaten		cream of chicken soup (undiluted)
2	Tablespoons milk	1/4 cup	milk
2	Tablespoons minced parsley	1/4 cup	crumbled bleu cheese
1	Tablespoon yellow prepared mustard		

Combine beef and bread, egg, 2 Tablespoons milk, parsley and mustard. Shape into 8 logs. Place in skillet to brown. Blend together soup with 1/4 cup milk to velvety consistency. When logs are browned, pour over mixture, set on simmer for 20 minutes covered. Then add bleu cheese for 5 minutes or until cheese is melted. Other creamed soups can be substituted.

JOY LOWE

## VEAL SCALOPPINE

### Sauce:

1-1/4 teaspoon salt	1 clove garlic
1 teaspoon paprika	1/4 teaspoon nutmeg
1/4 cup cooking oil	1/2 teaspoon sugar
2 tablespoons lemon juice	1 teaspoon dry mustard

Cut 1-1/2 pounds of veal in 2 inch squares and marinate in above sauce for one hour. Remove the garlic. Roll the meat in flour and brown.

1 cup sliced onion	1 4-ounce can sliced mushrooms
1/2 green pepper cut in 1/4 in. strips	1 can consomme

Add this to the browned veal along with the marinating sauce. Cook covered over slow heat for about one hour or until tender. Remove cover and cook over medium heat until juice is the desired consistency. Serve the sauce over meat.

I sometimes substitute round steak for the veal. This can be frozen.

MRS. MARY GORDER, 3197 Robb Circle, Lakewood, Colorado

## SWISS FLANK STEAK



2-1/2 pounds flank steak, scored and cut into serving pieces	2 Tablespoons chopped onion
1 cup canned tomatoes	1 teaspoon salt pepper

Dredge the meat with flour and brown in a little fat. Place in a baking dish. Add 1 cup boiling water, cover and bake in a 325 degree oven for 2 hours. Add tomatoes, onion, salt and pepper and bake 1-1/2 hours longer, covered. Don't let it cook dry. A chopped green pepper may be added. Serve with rice, hot rolls, and a salad.

PEG TOMAS

## CREE STYLE HAM

1/4 pound (1/2 cup) brown sugar, firmly packed	1-1/2 cups catsup
2 tablespoons of granulated sugar	cloves, whole pineapple rings

Mix brown sugar, granulated sugar and catsup to make a smooth paste. Punch whole cloves into your ham, covering top and sides, about 1-1/2 inches apart. Using toothpicks, secure pineapple rings to top of ham. Pour paste over this and bake at 325 degrees for about 3 hours. If you use a canned ham, cook at 250 degrees for 3 hours. Baste about every 15 minutes.

If desired, substitute canned peaches or apricots for the pineapple.

CINDY HERL

## MOCK HAM LOAF

1 pound hamburger	1 cup finely ground cracker crumbs
1/2 pound bolonga, ground fine	1 egg

Mix all ingredients together and pack in 8 x 4 x 3" dish or pan - and glaze and bake.

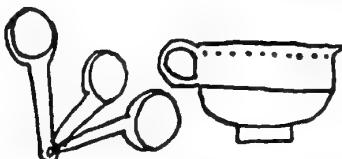
### GLAZE

Cook together 1 cup brown sugar, 3/4 cup water, 3 teaspoons vinegar and 1/2 teaspoon dry mustard.

Bake at 325 degrees for 1 hour to 1 hour 15 minutes.

JEAN ANDERSEN, Ault, Colorado

## HAM RELISH



Slice ham and place a layer of ham in about 11 x 16 x 2 inch pan; sprinkle with 1-1/2 teaspoons ground cloves and 1/3 cup brown sugar - more layers may be added as to quantity you need. After ham is placed in pan, pour the juices from one #303 can of pineapple and 1 can of mandarin oranges into pan (pour at side of ham so as not to wash sugar and spice from ham). Bake at 300 for at least 1 hour - reduce heat and keep warm until serving time.

MRS. LAURA HUTTON, 501 E. 8th Street, Cheyenne, Wyoming

## MEAT LOAF DINNER

1-1/2 pounds ground beef	2 beaten eggs
1/2 pound ground pork	2/3 cup evaporated milk or tomato juice
2 tablespoons minced onion (Instant minced onion) or 1/4 cup finely chopped onion	1/2 cup tomato sauce
2 teaspoons salt	4 or 5 large potatoes cut in quarters
1/4 teaspoon pepper	5 or 6 carrots
1/2 teaspoon Accent	small onions
1/2 teaspoon sage	small pieces of celery and green pepper if desired

Other seasonings as desired

3/4 cup oats uncooked

Salt the vegetables to taste. Combine meat, onion, salt, pepper, Accent, sage, oats, milk and eggs. Mix well and make into a round loaf. Place in center of a large skillet or dutch oven lined with foil. Place prepared vegetables around meat loaf. Add water and bring to a boil and keep boiling gently for 1 hour or until vegetables are done. When ready to use, remove from skillet and put on a cookie sheet or other pan. Put vegetables around it. Sprinkle with salt and pepper and a little butter. Put tomato sauce on top of meat loaf and brown under broiler about 20 to 25 minutes or in a hot oven about 375 to 400 degrees.

Make a gravy with liquid in pan by adding flour to cold water and stir in.

## SOUR CREAM STUFFED MEAT LOAF

350 degrees - 45 minutes

Mix:

1 pound ground beef	1 tablespoon chopped parsley
1/2 cup sour cream (commercial or fresh)	1/2 teaspoon salt
1/4 cup chopped green pepper (optional)	1/4 teaspoon pepper

To make stuffing: saute:

1/2 cup chopped onion	1/2 cup chopped celery
-----------------------	------------------------

Saute until soft in fat (very small amount).

Add:

1-1/2 cups bread crumbs	1/8 teaspoon rosemary
1/2 cup sour cream	1/2 teaspoon salt
1 egg, slightly beaten	1/4 cup chicken stock
2 tablespoons melted butter	

Mix 1/3 of this mixture with the meat mixture, then put half of this meat mixture in the bottom of greased loaf pan. Spread stuffing over meat, top with remaining meat mixture. Bake.

MARY ANN ANDERSON, Route 3 Box 803, Golden, Colorado

## SPECIAL WESTERN STYLE MEAT LOAF

1 pound lean ground beef	1 tablespoon salad oil
3/4 cup rolled oats	2 tablespoons Worcestershire sauce
3/4 cup dry milk plus enough water to make 1 cup	2 tablespoons vinegar
1 large onion minced fine	2 tablespoons brown sugar
1 teaspoon salt	3/4 cup catsup
1/4 teaspoon pepper	1/2 cup water
1 egg	2 slices bread broken into very small pieces

With a large meat fork mix meat, oats, milk mixture, onion, egg, bread, salt and pepper until you cannot distinguish the bread pieces. Grease a 7-1/2 inch by 11-1/2 inch glass baking dish with salad oil. Pack the meat mixture into the dish evenly and well. Mix the balance of the ingredients and pour evenly over the meat. Bake for one and one-half hours at 315 degrees. I do not preheat the oven. The result is a delicious, moist meat loaf with a delicious topping.

I would like to give you a tip on meat cookery. Meat should never be cooked at high temperatures. It toughens the meat fibres, draws out the nourishing juices and shrinks 15 to 20% when cooked at 400 degrees. Meat loaf baked at 350 degrees for one hour and fifteen minutes will yield one-eighth pound more meat than one baked at 400 degrees for an hour. Both meat loaves contain one pound ground beef each. Baked potatoes however should be baked at 400 degrees for one hour to be the best.

MRS. ALBERT PERLENFEIN, Route 2, Otis, Colorado

## BUTTER MILK POT ROAST

1 4-5 pound beef rump  
1 quart of buttermilk  
4 tablespoons lard or shortening

1 pint top milk or cream  
1 bay leaf

Soak beef rump in buttermilk over night. Brown in hot lard on all sides. Add one half cup of butter milk in which meat soaked. Cover tightly. Simmer until tender, allowing 45 minutes per pound.

When additional moisture is required, add more buttermilk.

When the pot roast is ready to serve there should be about 1 cup of liquid in kettle. Remove meat, add 1 pint of top milk or cream to liquid. Allow it to cook down until consistency of a thin gravy. Salt to taste.

Serves 10 people.

If you like more gravy add more beef drippings. This is not a flour gravy. It's just a natural kind.

ALTHEA MORRIS, Denver

## FRENCH POTROAST

2-1/2 - 3 pound pot roast  
salt  
pepper (lightly)

6 - 8 whole black pepper corns  
4 bay leaves  
2 slices of lemon

Salt and pepper roast on both sides. Sprinkle flour on both sides. Melt 1 - 2 tablespoons margarine in pot large enough to hold roast on top of stove, covered, brown both sides. Then add about a cup of warm water. Bring to a boil, then turn down heat and cook slowly about 2 hours. When about half done add the whole pepper and bay leaves. Last half hour the lemon slices. Test occasionally - may have to add a little water. Thicken gravy with flour.

CHRISTINE ODIN, 1100 Emerson, Denver, Colorado



## PORK CHOPS WITH CARROTS

4 pork chops  
1 bunch sliced carrots  
1 can tomatoes  
4 chopped potatoes

1 small can peas  
2 chopped onions  
bay leaf  
salt & pepper

Brown chops in hot fat in dutch oven. Remove and place vegetables mixed with salt and pepper in dutch oven. Place chops on top. Cover and cook over slow heat 1-1/2 hours.

I also cook this dish with smaller amounts of the vegetables in a large skillet rather than the dutch oven.

MRS. D. BONGIORNO, 1058 S. Owens Ct., Lakewood, Colorado

## GROUND BEEF SKILLET MEAL

2	Tablespoons shortening	1-1/2 cups chopped cabbage
1	pound ground beef, crumbled	2 tablespoons minced parsley
1	can (no. 2-1/2) tomatoes	1 cup uncooked elbow macaroni
1	teaspoon salt	1/2 cup grated Cheddar Cheese
1	teaspoon Worcestershire sauce	

Heat shortening in large skillet. Add ground beef: cook over moderate heat until meat is brown. Drain off excess grease.

Blend in tomatoes, salt and Worcestershire sauce. Bring mixture to boiling point. Add cabbage, parsley and macaroni.

Cover mixture, reduce heat and simmer about 15 minutes or until macaroni is done. Sprinkle cheese on top. Serve immediately. Serves four.

This dish freezes nicely, too. To freeze, omit the cheese and cool mixture after it is cooked. Pour it into a freezer container, seal and freeze. To serve, thaw on lower shelf of refrigerator and reheat. Add grated cheese just before serving.

JERRI HYDE, 1969 East 114th Avenue, Denver, Colorado 80233



## DINNER IN A SKILLET

1/2 to 1 pound of hamburger	2	Tablespoons flour
1/2 cup bread crumbs		1/4 teaspoon dry mustard
1 egg, beaten		1/2 teaspoon salt - pepper
1/4 cup milk	1	Tablespoon chopped onion

Combine ingredients, make into medium sized meat balls, roll in flour and brown well in large skillet. Push them back to outside of pan, pour in one can of mushroom soup (thinned with 1/2 can of milk) in the center. Add one box of frozen peas and simmer 15 to 20 minutes. You may substitute tomato soup and corn, if desired.

This is a quickie for working women and I find that children like it very well.

GRACE DERSHAM, 6411 East 64th Avenue, Commerce City, Colorado

## ECONOMY HAMBURGER DISH

1	pound ground beef	3	cups canned tomatoes & juices
1	small onion chopped		1/2 teaspoon salt
2	cups cooked diced or sliced carrots & juice		dash of pepper

Crumble hamburger in a fry pan and brown. Add onion, carrots, tomatoes and salt. Cover and cook on very low heat about 25 minutes. Serve over mashed potatoes like gravy. Use water on carrots and juice on tomatoes, in this. Serves 4 to 6 depending on how hungry you are. You may use a can of tomatoes from the store and a can of carrots (diced), juice and all. The exact amounts of each are not important.

GOLDIE DAWKINS

## RANCH STYLE HASH

Brown 1 pound ground beef, add 3-1/2 cups tomatoes, 1 cup chopped green pepper, 1/2 cup chopped onion and 1/2 cup uncooked rice. Season with 1/4 teaspoon basil, 1/2 teaspoon salt or to taste, and a dash of pepper. Cover and simmer 25 or 30 minutes. Top with slices of cheese and put in oven until melted. Takes about 50 minutes in all to prepare. Make a star design on casserole with cheese.

Recipe by: BERNICE WAYMAN, 934 Bross Street, Longmont, Colorado

Submitted by: MARY ANN VIENOT

## JIFFY DINNER STEW

1	pound Italian sausages sliced 1 inch thick	2	one pound cans whole potatoes, drained
1	pound ground beef	1	package frozen Italian green beans
2	teaspoons steak sauce	3	Tablespoons flour
2	one pound cans stewed tomatoes	3	Tablespoons cold water
1	teaspoon salt		

Brown sausage in large frying pan. Push to one side and shape ground beef into 12 little patties or balls. Brown on one side in same frying pan. Turn and brush with steak sauce.

Spoon all fat from pan. Add tomatoes, potatoes, beans and salt. Cover and heat 10 minutes. Blend flour and water and thicken stew. Cover and cook 10 minutes more or until beans are tender. Serve with salad and hot rolls.

MARGARET SMITH, Apt. C 1370 Holiday Ct., Corona, California



## LENTEN STEW

2	quarts water	2	teaspoons dried bell peppers, red and green
4	beef bouillon cubes	6	medium potatoes, peeled and cut into bite size pieces
2	teaspoons salt	6	carrots, scrubbed and cut into bite size pieces
1/2	teaspoon oregano	1	#303 size can cut green beans and liquid
1/2	teaspoon marjoram	1	#303 size can whole kernel corn and liquid
1/2	teaspoon celery seed	1	#303 size can tomatoes
1/2	teaspoon pepper		
1	teaspoon garlic chips		
1	Tablespoon dried onion flakes		
2	teaspoons dried parsley flakes		

Simmer herbs and dried vegetables in water with beef bouillon cubes for 30 minutes. Add carrots and potatoes, simmer 20 minutes. Add canned vegetables, simmer 15 minutes longer.

Note: Serve with hot rolls. The herbs make this very tasty but not too spicy for youngsters.

VIRGINIA CREELEB, 1740 Uinta, Denver, Colorado 80220

## KOENIGSBERGER KLOPSE

(German Meat Balls)

Soak in water to cover: 1 slice of bread 1 inch thick.

Put through a meat grinder twice: 1-1/2 pounds meat (beef, pork or liver)

Beat well: 2 eggs and add to meat.

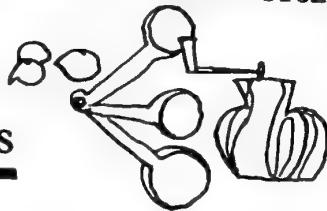
Melt 1 tablespoon butter. Saute in it until brown: 1/4 cup finely minced onion. Add sauted onion to meat.

Wring the water from the bread. Add to the meat and add 3 Tablespoons chopped parsley, 1-1/4 teaspoon salt, 1/4 teaspoon paprika, 1/2 teaspoon grated lemon rind, and 1 teaspoon lemon juice.

Combine all ingredients well and shape into 2 inch balls. Drop them into 5 cups of boiling soup stock. Simmer for about 15 minutes. Remove from the stock. Measure the stock and make a gravy of it by using 2 Tablespoons butter and 2 Tablespoons flour for each cup of stock. Season if needed with salt and pepper. Cook and stir it until it is smooth and boiling. Add to it: 2 Tablespoons capers or chopped pickles and 2 Tablespoons chopped parsley.

Reheat the meat balls in the gravy. Serve them with a platter of noodles or spaetzle. Cover them generously with buttered crumbs.

PHEBE A. YOUNGMAN, Box 228, Basalt, Colorado 81621



## HERB STEW WITH MUSHROOM DUMPLINGS

2	pounds cubed beef
1/4	cup flour
1	Tablespoon cooking oil
1	Tablespoon salt
1/4	teaspoon pepper
1	garlic clove, minced
1	cup boiling water
4	cups tomato juice

2	Tablespoons brown sugar
	1/2 teaspoon dried marjoram
	3/4 teaspoon dried thyme
	3/4 teaspoon dried rosemary
8	small onions, cut up
4	carrots, cut up bite size
6	potatoes, cut up bite size
1	(10 oz.) frozen peas (optional)

Shake beef in paper bag with flour. Brown in oil in heavy kettle. Add salt, pepper, garlic, water, tomato juice, sugar and herbs tied in small cheesecloth bag. Simmer about 1 hour or until beef is tender, stirring occasionally. Remove herbs. Add onions and carrots. Cook until vegetables are tender, about 30 minutes, stir in potatoes and peas to cook about last 15 minutes. Makes large amount. Can be cut in half but do not half herbs.

Dumplings - 1-1/3 cups flour

1 teaspoon baking powder  
1 egg beaten into 2/3 can mushroom soup

Add flour and baking powder until very stiff batter. Drop by tablespoon on top the stew. Turn fire very low, put on a heavy lid on your kettle and leave 15 minutes. Don't look or you'll ruin them! Serves 10 to 12.

JOYCE TEMMER, Route 1 Box 137, 11415 West 72nd Avenue, Arvada, Colorado  
96

## STUFFED MANICOTTI

1 pound ground beef

- 1) 1/4 cup olive oil
- 2) 1/4 cup onion, chopped
- 3) 1 large clove of garlic, minced
- 4) 2 six ounce cans tomato paste
- 5) 2 cups water
- 6) 1-1/2 teaspoon salt
- 7) dash pepper
- 8) 2 teaspoons chopped or dry parsley
- 9) 4 teaspoons basil
- 8 ounce manicotti (macaroni)  
romano or parmesan grated cheese

- 1) 3/4 pound fresh ricotta cheese or  
1-1/2 cups cream style cottage  
cheese (I use cottage cheese).
- 2) 1/3 cup romano or parmesan  
grated cheese
- 3) 1 egg beaten
- 4) 2 teaspoons chopped or dry parsley
- 5) 1/4 teaspoon salt
- 6) dash pepper

Brown meat in hot oil. Add next nine ingredients and simmer uncovered for about an hour, stirring occasionally. Meanwhile, combine the next 6 ingredients.

Cook Manicotta in boiling salted water with one tablespoon oil until manicotti is tender. Drain and rinse in cold water.

Use pastry tube or long spoon to stuff manicotta with cheese mixture or you may cut it open lengthwise and fill.

Pour half of the tomato mixture into an 11 x 7" dish. Arrange the manicotti in a layer overlapping slightly. Top with remaining sauce. Sprinkle with cheese and bake in 350 degree oven for 35 minutes. Serves 6 or 8.

This can be made in the morning to serve for dinner and is good the next day.

MRS. EMILIE HUNT, 1075 Corona Street, Denver, Colorado 80218

## NORWEGIAN MEAT BALLS

1 pound hamburger

1 or 2 eggs beaten

1-1/2 Tablespoons uncooked cream  
of wheat

1/2 teaspoon poultry seasoning

dash of celery salt

dash of garlic salt

1/2 teaspoon green pepper flakes  
(or to taste)

1/2 to 1 teaspoon minced onion

1-1/2 teaspoons salt

1/2 teaspoon pepper

1 Tablespoon sweet pickle juice

1 teaspoon prepared mustard

1 Tablespoon catsup or chili  
sauce

1 heaping Tablespoon commercial  
sour cream

dash Worcestershire sauce

1-1/2 teaspoon baking powder

1 teaspoon sugar

Mix well with hands and roll into desired size balls. Brown on all sides. Reduce heat and let simmer slowly in oven at 275 degrees or electric skillet 1 or 2 hours until done.

LU-STOEN

## HUNGARIAN GOULASH WITH GALUSKA

2	tablespoons butter or oleo	2 to 3 teaspoons paprika
2	tablespoons salad oil	1-1/2 teaspoons salt
2	pounds boneless veal cut in 1 inch cubes	1/8 teaspoon pepper
1	cup sliced onions	1 bay leaf
1	cup green pepper strips	1 can (10-1/2 ounces) beef bouillon undiluted
1/3	cup thinly sliced celery	2 tablespoons tomato paste
1	clove garlic crushed	2 tablespoons flour
1	cup thinly sliced carrots	1/2 cup sour cream

Heat butter and oil in dutch oven over medium heat, add veal and lightly brown. Remove meat to bowl. In drippings, saute onion, green pepper and celery and garlic about 3 minutes. Stir in carrots, paprika, salt, pepper, bay leaf, bouillon, tomato paste and meat. Bring to boil, reduce heat. Simmer, covered, 50 minutes or until meat is tender. Remove vegetables and meat from pan with a slotted spoon. If you don't have 1 cup of liquid, add water to make 1 cup. Add the flour to make a gravy. Boil 3 minutes, add sour cream and just heat. Pour over vegetables and meat. Serve with GALUSKA.

PEARL HATFIELD

## GALUSKA

3	cups sifted flour	1	cup water
1	teaspoon salt	2	eggs

In large bowl combine flour with eggs, salt and water. Stir until smooth. Gradually add 1/4 cup more water, beating until dough is almost runny and bubbles appear on the surface.

In a 4-quart kettle bring 2 quarts water and 2 teaspoons salt to boiling.

Put 1/2 dough into a coarse colander. Holding colander over boiling water and using wooden spoon, stir dough through holes. Boil uncovered until dumplings raise to top and are firm. Lift out with a slotted spoon.

Repeat with rest of dough. Toss dumplings with 1 tablespoon melted butter. Serve with HUNGARIAN GOULASH. Makes 4 to 6 servings.

PEARL HATFIELD

## KRAUT BEROKE or CABBAGE BREAD

Make bread dough. While dough is rising, make the following:

1	head of cabbage (cut up fine)	1	pound of hamburger
1	large onion (cut up fine)		salt & pepper to taste

Fry hamburger. Add cabbage and onion. Salt and pepper to taste. Fry until done. Roll out bread 1/4 inch thick. Cut into squares. Cut 1 Tablespoon meat mixture in each square. Bring up corners of dough and pinch together. Put pinched side down in greased baking pan. Bake at 375 degrees until brown.

MRS. JOHN WEIMER, JR. 1601 Cedar Avenue, Greeley, Colorado

## CLAUDIA'S GOULASH

1 strip of bacon, cut up  
1/4 cup onion, chopped

1/4 cup celery, chopped

Saute in skillet until limp but not browned. Remove from skillet - add to skillet, 1 pound lean ground beef, stirring until pink disappears. Add salt & pepper to taste, bacon, onion, celery, 1 Tablespoon chili powder (this is not too much), 1 can kidney beans (undrained), 1 can undiluted tomato soup. Simmer, stirring 10 minutes or longer. Add 2 cups cooked macaroni. Cook 10 to 15 minutes longer on low heat, stirring occasionally. Stir in 1/4 pound sharp cheese cut in cubes. Heat slowly until cheese melts.

This dish is ready to serve in 40 minutes, so is a time saver.

MRS. DORIS GRIFFIN, 5305 Howell Street, Arvada, Colorado

## STUFFED ROLLS

1/4 cup cooking oil  
1 or 2 pounds hamburger  
1 onion, minced  
2 cans tomato paste

2 cans chopped olives  
1 pound American cheese  
dinner rolls

Brown onion in oil; add meat and cook until done. Remove from heat and add olives and tomato paste. Cube cheese and add to mixture. Cut end from roll and scoop out bread. Fill with meat mixture. Wrap in foil. Heat in oven for 20 minutes at 350 degrees.

Makes about 12 to 18 rolls, depending on the size. If you use less hamburger, tear the scooped out bread into small pieces and use part in the meat mixture.

These may be frozen and saved for a hot day or unexpected company. Served with a tossed salad, they're great.

MRS. JOYCE LINDQUIST, 911 Darby St., Colorado Springs, Colorado

## EASY STROGANOFF

1/4 cup of butter or enough to  
brown meat  
1 onion cut up fine - medium  
to large  
garlic salt (depends on amount of  
onion taste you like)  
1 can cream of mushroom soup  
1 can consume

1 can cut up mushroom pieces  
1 - 2 pounds lean sirloin cut into small  
pieces and rolled in flour or sub-  
stitute lean ground beef  
1 package sour cream mix, or 3/4  
cup sour cream or substitute a  
3 ounce package of cream cheese

Brown meat and onions in butter until onions are golden brown. Add pepper and garlic salt to taste; then add cream of mushroom soup, consume, and mushrooms. Let simmer at least one hour. Just before serving add sour cream and mix well. Delicious served with frozen noodles, packaged noodles or wild rice.

JAN SCIORTINO, Box 36, Grant, Colorado

## MARVELOUS BROILED CHICKEN

2-1/2 - 3 pound chicken - split in half

Place chicken in broiler pan (no rack). Rub entire chicken surface with cut lemon (squeezing to release juice). Coat with melted butter. Sprinkle with mixture of 1 teaspoon each salt and sugar, 1/2 teaspoon paprika and 1/8 teaspoon pepper for each half.

Broil 5 to 7 inches from heat about 10 minutes to brown (watch closely). Turn oven to 350 degrees (to finish baking) about one hour.

THELMA BRIGHT, 4781 E. Colorado Avenue, Denver, Colorado



## COLONIAL CHICKEN

1-1/2 cups flour	4	well-beaten eggs
1-1/2 teaspoons baking powder	3	tablespoons melted shortening
1-1/2 cups milk	1	frying chicken
1 teaspoon salt		

Sift together the dry ingredients. Combine beaten eggs, milk and melted shortening. Blend into flour mixture. Beat smooth, then pour into large greased baking dish. Cut up chicken; roll pieces in seasoned flour and brown as fried chicken. Arrange chicken on top of batter and bake in moderate oven, 350 degrees, for one hour. Serve with gravy made in pan in which chicken was browned.

This can be done in electric skillet making it a good summer dish. Bake at even lower temperature.

ALICE MC NEW, 3524 West 17th Ave., Denver, Colorado

## HOT CHICKEN SALAD

Butter a casserole dish.

Cube 3 slices of white bread and put in bottom of casserole.  
Mix:

2 cups chicken - cooked	1/2 cup onion - chopped
1/2 cup celery - sliced	1/2 cup mayonaise
1/2 cup green pepper - sliced	

Place these in casserole over bread.

Beat 2 eggs, add 1-1/2 cups milk and pour these over chicken mixture.

Cube 3 more slices white bread and sprinkle over mixture in casserole.

Pour can of undiluted mushroom soup over all.

Bake 1 hour and 10 minutes at 325 degrees.

The last 10 minutes, sprinkle 1/2 cup shredded cheddar cheese over all.  
Serves 4 to 6.

MARILOU HARRISON, 2025 So. Monroe St., Denver, Colorado 80210

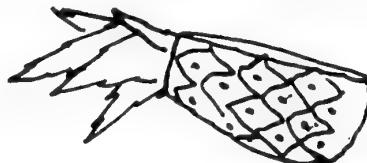
## BAKED CHICKEN WITH PINEAPPLE

1 chicken cut for frying  
2/3 cup flour  
salt and pepper

2 cans cream of chicken soup  
1 can crushed pineapple

Sprinkle chicken with salt and pepper and roll in flour. Brown on both sides on fat. Combine cream of chicken soup and pineapple and pour into baking dish. Place chicken in sauce and bake at 350 degrees for 45 minutes. Use sauce as gravy for vegetables served with chicken. Placing chicken on top of sauce gives you one-half crisp and half moist chicken.

MRS. D. LORRAINE SNYDER, 930 South Yates, Denver, Colorado 80219



## SWISS ENCHILLADAS

Dip 12 tortillas in hot oil to soften, then dip into cream, cover each with chicken mixture (below) and roll. Arrange in buttered baking dish and cover with 3 cups hot cream. Sprinkle with 1/2 pound grated cheese. Bake at 350 degrees for 30 minutes. Garnish with boiled eggs, avocado slices and/or olives.

### CHICKEN FILLING

Saute 1 medium onion, chopped, in 2 Tablespoons oil. Add 1 clove garlic, mashed, 2 chopped green chilies, 2 cups tomato puree and 6 chicken bouillon cubes along with 2 cups chopped cooked chicken. Simmer 10 minutes.

## VENISON CHILI

1/2 cup grease or oil  
2 large onions, chopped

1 large garlic bud, minced

Cook onions and garlic in grease until soft but not brown.

In a paper bag, mix:

5 tablespoons flour  
1/4 cup chili powder

1 teaspoon cumin

Add:

3 pounds venison, cubed

Shake until each piece is coated. Add to onion-garlic mix. Cook until brown. (I have cooked this in the cooker. Much quicker.)

Add:

1/2 teaspoon bay leaf

1 teaspoon salt

3 8 ounce cans tomato paste

1 teaspoon pepper

2 cups canned tomatoes

6 chili peppers, chopped

Simmer 4 or 5 hours, stirring occasionally. Add hot water as needed. 2 cups pinto beans may be added, if desired.

MEDA RICHARDSON

## MOCK DUCK

1 - 1-1/2 to 2 pound round steak  
salt and pepper to taste  
2 cups dry bread cubes  
1/4 teaspoon thyme (optional)  
1/2 teaspoon sage  
1 small onion, diced  
1 stalk celery, diced

1-1/2 cup boiling water  
2 teaspoons chicken stock base  
(optional)  
1 Tablespoon butter or margarine  
1 can cream of chicken soup  
1/2 cup water

Mix boiling water, chicken stock and butter. Cool slightly. Pour over the dressing ingredients (bread cubes, thyme, sage, onion and celery). Spread the dressing over the round steak, roll the steak over it like a jelly roll. Tie securely with a string. Bake in oven without lid for 1 hour, then cover with cream of chicken soup which has been thinned with the 1/2 cup water. Cover pan with lid. Bake 1 hour more at 325 degrees. The soup makes a delicious gravy.

EVALYN SCHILLING, Redstone, Colorado

## WOODCHUCK

In top of double boiler, melt 1/2 cup butter or margarine. Add 2 cups milk and 5 Tablespoons flour which have been mixed until very smooth. Cook and stir constantly until it thickens. (This should be consistency of white sauce.) Add the following:

1/2 pound diced American cheese

Stir until cheese is melted then add:

1	can undiluted condensed tomato soup	1	can chopped pimentos - 4 ounce salt and pepper to taste
1	can drained and sliced mushrooms - 8 ounce		

Continue cooking for about 20 minutes or until it is well blended. Lastly, add 3 or more chopped hardboiled eggs. Serve over Holland Rusk, toast or hot biscuits. This recipe can be made ahead, stored in the refrigerator and then reheated in double boiler.

## PIZZA BOATS

JANE CRUMLEY

1	loaf of unsliced Vienna bread	grated cheese
1	can of pizza sauce	1 pound of Italian sausage

Slice some of the bread off the top and scoop out to make a shell. Add sausage, cover with the cheese. Place on cookie sheet and place under broiler on stove until golden brown.

This is also fixed with the hard rolls for individual pizza boats.

## PIZZA

1 cup warm water

1 package yeast

Measure water into bowl, then sprinkle or crumble yeast in, and stir until dissolved.

Stir in:

1 teaspoon sugar

2 tablespoons salad oil

1 teaspoon salt

2 cups sifted flour

Beat until smooth, then stir in an additional 1-1/2 cups sifted flour. Knead until smooth and elastic. Place in greased bowl, brush top with soft shortening. Cover. Let rise in warm place until double, about 45 minutes.

Mix together:

1 6-ounce can tomato paste

1 teaspoon oregano

1/2 cup water

dash of pepper

1 teaspoon salt

When dough is double in bulk, punch down, and divide in half. Form each half into ball, place on greased pizza pan. Press out with palms of hands into circle about 12 inches in diameter, making edges slightly thick. On each circle of dough, arrange:

1/2 pound mozzarella cheese

2 tablespoons Parmesan cheese

1/2 tomato mixture

Mushrooms, onions and sausage to taste

2 tablespoons salad oil

Bake at 400 degrees for about 25 minutes.

GERALDINE HUBER, 325 South 11th Street, Colorado Springs, Colorado

## CHRISTMAS VIGIL SUPPER

4 tablespoons butter or oleo

2 cups milk

4 tablespoons flour

Blend smooth in double boiler; add:

1 chopped pimento

1/4 teaspoon pepper

1/2 teaspoon salt

1/2 teaspoon Worcestershire sauce,

Mix and blend.

Add:

1 can crab - flaked

4 hard boiled eggs - blend again

1/2 cup almonds, chopped

Put in shallow table casserole or take greased shells or ramkins and pour in ingredients. Top with 1/2 cup soft bread crumbs, drizzle 3 tablespoons melted butter. Bake at 375 degrees - 20 minutes or until bubbly.

Serve with simple green tossed salad, cheese bread, parfait glasses filled with favorite pudding topped by green or red maraschino cherries. It's festive and can be prepared early in the day.

MRS. E. ROY GRANT, Hiwan Hills, Rt. 1, Evergreen, Colorado

## HAWAIIAN MACARONI

1 8 ounce package of elbo-roni or broken pieces of macaroni

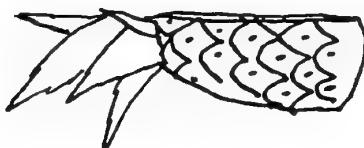
Cook the above until almost done and drain. Add 1 pint of milk (2 cups) to same pan and cook until thickened.

While macaroni is cooking, dice 1 medium onion and 1 medium green pepper. Add a #303 can of tomatoes and simmer until thick. Add 3 tablespoons of Worcestershire sauce.

Grate 8 ounces of sharp cheese (cheddar).

Grease a 2 quart casserole and place half of the macaroni in casserole. Put half of tomato mixture on macaroni then add half of cheese. Add the rest of macaroni and tomato mixture and top with remaining cheese. Bake about 45 minutes in 325 degree oven.

ELSIE ACRIDGE, 2165 Carr Street, Lakewood, Colorado 80215



## BAKED CHOP SUEY

1	can Cream of Mushroom Soup	1	medium onion, chopped
1	can Cream of Celery or Mushroom Soup	1	pound ground beef
		3	Tablespoons each, molasses and soy sauce
1/2	cup uncooked rice (not the instant)		1-1/2 cups water or a bit less
1	cup chopped celery		

Mix all ingredients together, after cooking beef slightly. Bake one hour at 350 degrees.

I personally use one cup of water, but the original recipe called for 1-1/2 cups. That is a matter of taste or how moist one would like it. Try one cup and more can be added if you find it too dry. Rice does vary.

RUTH CLAUSSELL

## EXTRA SPECIAL BREAD DRESSING

4	or more cups bread cubes	1	#303 can whole kernel corn-drained
	cooked giblets-chopped - save the juice		1/2 cup sliced green stuffed olives
1	cup chopped celery	1	10 ounce package frozen peas
1	package chicken flavor Rice-a- Roni -- prepared as package directions tell you		chopped onion to taste
	sweet wine		sage, poultry seasoning, salt and pepper to taste

Mix all together, using the juice from the giblets as liquid. If more liquid is needed use the sweet wine. Use the wine to baste the turkey or any fowl.

This recipe is enough to stuff a large bird and also have a small casserole besides. The amounts in this recipe may be varied as you wish.

PEG SHANDERA, Bushnell, Nebraska

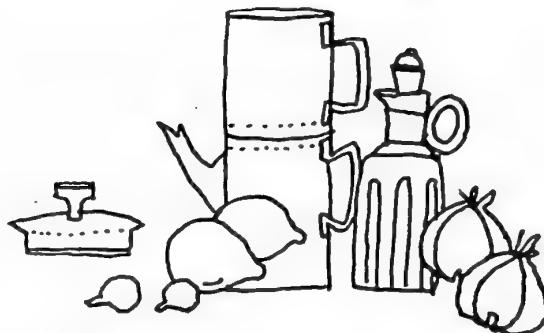
## EASY SALMON TETRAZINI

1	small can salmon	1	teaspoon Worcestershire sauce
1	eight ounce package spaghetti	1/2	cup dry bread crumbs or cracker
1	can cream of mushroom soup		crumbs
	- plus:	1	Tablespoon or more parmesan
	1/2 cup milk		cheese

In a bowl put mushroom soup. Add milk and Worcestershire sauce. Divide in half and add the salmon to one half the sauce in a pan. Heat slowly to the boiling point. Simmer a few minutes. Cook and drain spaghetti. Combine with the other half of mushroom sauce. Place a ring of the spaghetti around the edge of a shallow baking dish or oven-proof platter. Put the salmon mixture in the center. Sprinkle crumbs over the spaghetti ring. Dot with bits of butter. Sprinkle parmesan cheese over crumbs. Bake at 375 degrees for 20 to 30 minutes.

Serves 2 to 4, according to appetite. A can of tuna may be substituted or 1 to 1-1/2 cups diced cooked chicken.

MRS. CARL (WYLMA) STEIMAN, 5117 Jellison Street, Arvada, Colorado



## SMOKED FISH

Use 24 charcoal briquets, 2 or 3 chunks of green fruitwood (apple, peach, cherry) and 1 chunk of green aspen for fire. The wood must be green or soaked in water for 2 or 3 days previously. When the briquets are glowing, put the green logs on to make smoke (I have smoked them without the aspen too).

Spread the cleaned fish belly down on the rack in hooded barbecue grill. Maintain a heat of 150 degrees or 200 degrees. Keep hood closed. If logs catch on fire, spray with water.

Small fish smoke in 2 to 3 hours and larger ones (16" to 20" long) in 3 to 4 hours.

The fish must be soaked in salt water overnight before smoking. Leave heads, tails and fins on. Make a brine of 1-1/2 cup pickling salt to 1 gallon of water. When the fish are done, the skin wrinkles. The fish may be put in oven at 200 degrees for 1 or 2 hours after smoking if you feel they aren't done.

These are good for picnic lunches. My husband and sons like to put a smoked fish in their fishing creel to have for lunch. To smoke a 10 pound turkey, soak it overnight in salt water. Smoke 12 hours. Finish baking in an oven at 250 degrees for 3 hours.

EVALYN SCHILLING, Redstone, Colorado

## ICED SALMON

1 one pound can salmon - remove bones and as much skin as you can and still retain the can shape.

3-1/2 Tablespoons lemon gelatin dissolved in 1/2 cup boiling water. Cool until it starts to thicken.

Stir in 1/2 cup mayonaise. Let set to spreading consistency. Spread over salmon as you would frosting and cover completely. Chill for several hours. Garnish top with hard boiled egg slices and slices of ripe olives.

Serve with baked potato and asparagus almandine.

Can be made in morning and served for dinner.

LORENE COOTS

## STUFFED FILET OF SOLE

1/2 stick butter	1/4 cup fine bread crumbs
1 small onion, minced	1/8 teaspoon salt
1 two ounce can mushroom stems and pieces - drain and reserve liquid	8 sole filets
1/2 pound cooked shrimp or crab, coarsely chopped	1 can cream of mushroom soup
	1/2 cup dry sherry (optional)
	1/4 pound cheddar cheese, grated
	1 Tablespoon parsley

Melt butter, add onion and saute. To this add mushrooms, shrimp or crab, parsley, bread crumbs and salt. Saute this mixture 5 minutes. Spoon equal parts of stuffing on each filet; roll and secure with toothpicks and arrange seam side down in baking pan.

Blend mushroom soup with sherry and reserved mushroom liquid and heat. Pour over stuffed filets, sprinkle with grated cheese. Bake 30 minutes at 350 degrees.

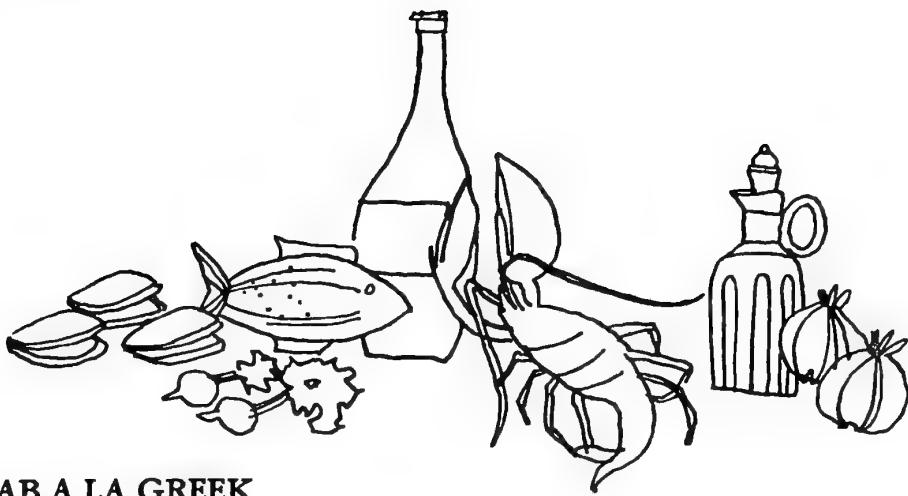
ALICIA SYNDER, 793 Newport, Denver, Colorado

## CRABMEAT DELIGHT

2 Tablespoons butter	1/4 cup Parmesan, grated
2 Tablespoons flour	1/2 cup butter
2 cups milk	dash salt
1/4 cup Swiss Cheese (grated)	dash Cayenne pepper
	2 cups crabmeat

Make white sauce of first 3 ingredients. Add cheeses, stirring until melted. Add remaining butter beating hard. Add seasoning. Arrange crabmeat in shallow buttered casserole. Pour sauce over the crabmeat. Place in hot oven until golden brown. (15 minutes) Serves 6 - 8.

SHIRLEE SIMIANER, Peyton, Colorado 80831



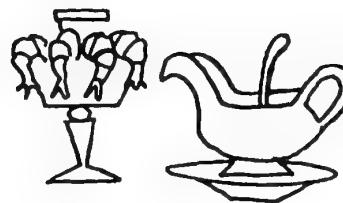
## CRAB A LA GREEK

2	small packages frozen crab meat	1-1/2 cups water
2	bunches green onions	salt and pepper to taste
2	cans tomato sauce	fresh parsley
1	can mushrooms & liquid	

Brown onion in 2 tablespoons of fat, add tomato sauce and water. Let boil till slightly thickened. Add crab meat, mushrooms and salt and pepper. Boil very slowly for 45 minutes - 1 hour then add 1 cup chopped fresh parsley and cook for ten minutes.

Serve over hot, buttered rice.

THELMA BRIGHT, Denver, Colorado



## SHRIMP CREOLE

1/2 cup chopped onion	1	teaspoon salt
1/2 cup sliced celery		dash of pepper
1/2 cup diced green pepper		1/4 teaspoon chili powder
1 clove garlic (optional)	1	pound shrimp, cooked
1/4 cup vegetable oil	4	cups cooked rice
2 eight ounce cans tomato sauce		

Saute vegetables in oil. Mix in tomato sauce and seasonings. Simmer 15 minutes. Add the shrimp and heat thoroughly. Serve over hot, cooked rice. Makes 4 servings.

ANNE OAKSFORD, 1108 Kenton Street, Aurora, Colorado 80010



Sincerest thanks to my friends Janice, Jane, Annette and Mary Jane whose valuable assistance on such projects as this Cookbook, our Elitch's Country Fair and the every day help around KOA-Radio makes them an integral part of "Hello Neighbor" broadcasts.



**JANICE HURST**  
Radio Sales Department



**JANE HANSEN**  
KOA switchboard operator



**ANNETTE MEYER**  
KOA Promotion Department



**MARY JANE McGHEE**  
KOA Promotion Department



## **CASSEROLES**

## BACON AND STEAK CASSEROLE

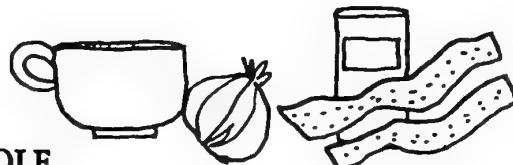
2-1/2 - 3 pounds round steak  
1/2 inch thick bacon  
1 medium onion, sliced

1 can of mushroom or chicken and  
vegetable soup  
1/2 cup water

Cut steak into serving slices. Using 8 inch baking dish, place slices of steak on bottom. Cover with slices of bacon and onion. Continue this until all steak is used. Mix soup with water; pour over casserole. Bake in a 300 degree oven for 2 hours and 20 minutes. Serves 4.

Note: 1-1/2 cups water may be substituted for soup.

ELEANOR GRAHAM, Eldora, Colorado



## SAUSAGE AND CABBAGE CASSEROLE

1 small head cabbage  
1/2 pound pork bulk sausage  
3 tablespoons sausage fat  
3 tablespoons flour  
1 cup milk

2 cups cabbage liquid  
1/3 cup grated American cheese  
1/2 cup cracker crumbs  
1/2 teaspoon salt

Chop cabbage coarsely and cook in salted water until tender. Reserve 2 cups cabbage liquid. Fry out sausage, drain off fat, mix flour and fat in saucepan. Stir until blended, add milk and cabbage liquid and cook 5 minutes. Grease casserole and place cabbage alternately, with cheese, cracker crumbs and sausage, covering each layer with sauce.

Bake at 350 degrees for 35 minutes.

MRS. F. FABRE, Louviers, Colorado

## FAVORITE CASSEROLE

1-1/2 pounds ground beef  
1 cup chopped onion (minced)  
1 12 ounce can whole kernel corn, drained  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1/2 pint dairy sour cream  
1 tablespoon minced parsley

1/4 cup chopped pimiento  
2 teaspoons Worcestershire sauce  
1/2 teaspoon Accent  
1/2 teaspoon salt (to taste)  
1/8 teaspoon pepper  
3 cups cooked, medium width noodles  
buttered bread crumbs

Brown ground beef in a skillet with onion and cook until tender. Blend together ingredients in order listed. Place in a greased 2-quart casserole then cover with buttered crumbs. Bake, uncovered, in moderate oven (350 degrees) for 30 minutes. This will serve 8.

JUNE COCAGNE, 1930 S. Lincoln, Denver, Colorado 80210

## **LIVER CASSEROLE**

---

Brown 6 slices crisp bacon and chopped onion. Drain. Fry 1 pound liver in bacon drippings. Remove from pan.

Make gravy in the drippings:

2	Tablespoons flour	pepper
1	teaspoon salt	2 cups milk

Butter large deep casserole dish. Layer liver and bacon. Pour gravy over. Spread 1/4 cup buttered bread crumbs on top. Bake at 350 degrees for 45 minutes.

EUNICE GILLASPIE, 528 Logan, Denver, Colorado 80203

## **PORK CHOP & CHILI BEAN CASSEROLE**

---

Flour and season 4 pork chops. Brown in 1 tablespoon shortening in hot skillet. Add 1/2 cup water, cover and simmer 20 minutes. Open 1 can kidney beans. Add 2 tablespoons minced onion and 1 to 2 teaspoons chili powder, according to how well you like the chili flavor. Pour the seasoned beans into a shallow baking pan or casserole. Arrange the pork chops over beans. Pour pan juices over everything and bake 20 to 30 minutes in moderately hot oven, 375 degrees, until the chops are thoroughly tender.

NONA OGLEVIE (MRS. J.R.), 1251 Orchard Road, Golden, Colorado 80401

## **TASTY HAMBURGER CASSEROLE**

---

1-1/2 pounds ground beef	1 can mushroom soup
1 teaspoon salt	1/2 can water
3/4 cup chopped celery	1/2 cup cashew nuts
3/4 cup chopped onion	1/2 cup peas, frozen

Brown ground beef in a skillet. Sprinkle on salt. Add celery and onions and continue browning. Add soup and water and cook until bubbly. Stir in nuts and peas. Pour into casserole. Bake 325 degrees for 45 minutes.

MRS. ANN NESSHOFER, 5785 Estes Street, Arvada, Colorado 80002

## **CHIPPED BEEF CASSEROLE**

---

1 can of mushroom soup	1 cup uncooked elbow macaroni
1 can of condensed milk	1/4 pound dried chipped beef (cut up)
1 cup or 1/4 pound sharp cheese	2 hard cooked eggs
3 teaspoons chopped onion	

Combine all ingredients, folding in eggs carefully. Pour into 1-1/2 quart greased casserole. Store in refrigerator 3 or 4 hours or over night (if stored over night, use a little more milk). Bake at 350 degrees for 1 hour uncovered.

MARIE WILLSON

## LASAGNE CASSEROLE

Heat: 2 Tablespoons bacon dripping or oil

Brown: 1 pound of hamburger

Add & simmer 15 minutes:

2	cloves or	1-1/2 teaspoons salt
2	teaspoons garlic powder	1/4 teaspoon pepper
3	small cans tomato sauce	1 teaspoon oregano
1	number 2 can tomatoes	

Place in casserole alternately with meat sauce and cheese:

8	ounces cooked Lasagne noodles	3/4 carton cottage cheese
	1/2 pound Swiss cheese grated	

Sprinkle the rest of the cheese over the top and bake in a 375 degree oven for 30 minutes.

MARTHA PETROLAY, 2402-1/2 Poplar, Pueblo, Colorado

## 1 - 2 - 3 - 4 CASSEROLE

1	cup cooked rice	3	cups of bread crumbs
2	eggs	4	cups of diced chicken

Mix the ingredients as given and add enough chicken broth to make it a soft consistency, much like a bread pudding. Bake in a 9 x 12 casserole in a 350 degree oven for 30 minutes. Serves 8.

MRS. J. H. STURBAUM, Box 174, Iliff, Colorado

## MARDI GRAS CASSEROLE

Make a white sauce:

3	Tablespoons flour	1/4 cup butter
	3/4 teaspoon salt	1-2/3 cup evaporated milk
	pepper	

Add to white sauce and melt:

1-1/2 cup cheese shredded	2 Tablespoons parmesan cheese
1-1/3 cup minute rice	1-1/3 cup water
1 Tablespoon parsley	1 can tomatoes (1 pound)
1/2 teaspoon oregano	onion (small amount)
paprika	1 seven ounce can tuna

Put rice parsley oregano water, tomatoes, onion and tuna in casserole. Mix well and cover with cheese sauce. Sprinkle with paprika, parmesan cheese if desired. Bake 15 minutes at 375 degrees. Dried beef may be substituted for tuna.

HAZEL GUENIN

## "HURRY UP CHICKEN CASSEROLE"

1-1/4 - 1-1/2 cups diced, cooked chicken	1/2 teaspoon parsley flakes
1 can cream of chicken soup	1 teaspoon green pepper flakes
1/4 - 1/2 cup frozen peas and carrots	dash of celery salt
Biscuit Topping	
1 cup biscuit mix	1/3 cup milk

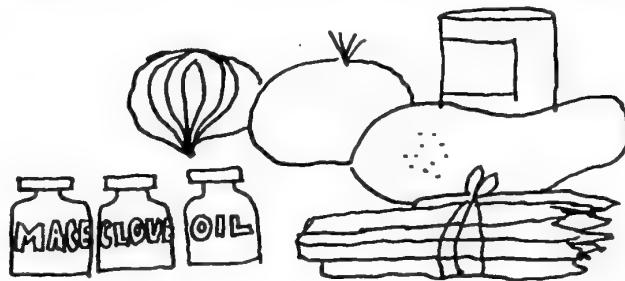
Mix chicken, soup, peas and carrots, parsley and pepper flakes and celery salt together in a very small baking dish (I use the 7" corningware skillet). Stir biscuit mix and milk to a soft dough. Beat 20 strokes until stiff but sticky. Knead on floured board 8 - 10 times. Press into a square about one inch smaller than baking dish. (In other words, I make a 6" square for the 7" skillet.)

Place dough on top of chicken mixture and bake at 425 degrees for 15 minutes or until bottom of biscuit dough is done.

This can be put into 4 individual casserole dishes and served as a main dish with salad.

When baking in individual dishes, use half as much biscuit topping and shape to fit the dish, leaving same room around the edge of topping for steam.

SUSAN BROWN, 2100 East 114th Place, Northglenn, Colorado



## WILD RICE CASSEROLE

1 cup wild rice	6 tablespoons onion chopped
3 cups boiling water	4 tablespoons fat
1 can consomme	1-1/2 pounds hamburger
1 can water	1 pinch thyme
1/2 teaspoon salt	1 tablespoon parsley flakes
1 bay leaf crumbled	1/2 cup toasted almonds
2 medium sized cans sliced mushrooms (with liquid)	1/4 teaspoon each: celery salt, onion salt, poultry seasoning, garlic salt, paprika, pepper and accent.
2 medium sized cans of chicken soup	

Mix the day before you plan to serve. Pour boiling water over rice and let stand 15 minutes and drain. Brown hamburger and onions, add to other ingredients. Refrigerate until ready to bake. Pour in 9" by 13" pan and bake at 350 degrees for 3 hours. Cover the first 2 hours and 15 minutes. Serves 6.

JUNE MARSHALL, 1419 South Drexel Way, Denver, Colorado

## VEGETABLE CASSEROLE

Cook the following as directed on packages and if possible in smaller amount of water. Each vegetable is cooked separately.

1	package frozen french style green beans	1	package frozen green lima beans
		1	package frozen peas

Drain and cool.

Mince 1 green mangoe very fine.

Whip 1/2 pint whipping cream (substitute works fine) and fold in 1 small jar mayonnaise and add to the vegetables and cook very slowly in a low oven for about 30 minutes.

LUCILE DILTS

## GREEN BEAN CASSEROLE

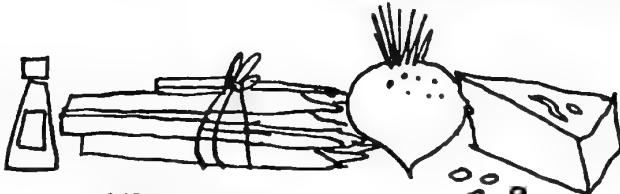
1	package (9 ounces) French cut green beans	1/2	can cream of chicken soup
1	package (3-1/2 ounces) smoked sliced beef	1/4	cup water
		1	cup fine buttered bread crumbs
1/2	cup minced onion	1/4	cup grated parmesan cheese
1	Tablespoon butter		

Cook beans and drain. Break beef into small pieces and saute with onion in butter. Place a layer of beans in shallow casserole. Top with beef and onions. Cover with remaining beans. Blend soup and water and spoon over all. Top with crumbs and cheese. Bake at 350 degrees for 25 minutes.

ANNA MAE OSWIDER

## ASPARAGUS CASSEROLE

2	ten ounce packages frozen asparagus spears	1/2	cup water
2	tablespoons butter	4	hard boiled eggs sliced
2	tablespoons flour	1/2	cup shredded process American cheese
1/4	teaspoon salt	2	tablespoons melted butter
1/4	teaspoon nutmeg	1/2	cup soft bread cubes
1	cup evaporated milk		



Cook asparagus according to directions. Melt butter in saucepan over low heat. Stir in flour and seasonings, slowly add milk and water. Cook until thickened. Arrange half the asparagus in a 2 quart casserole, then add half the eggs, cheese and sauce over asparagus. Repeat. Combine bread cubes and melted butter. Sprinkle over top of casserole. Bake at 350 degrees for 20 minutes.

## **VEGETABLES AND FRUITS**

## MARINATED VEGETABLES

1	#2 can of French style green beans	1	medium onion chopped
1	#2 can petit peas	4	stalks celery chopped
1	can Julienne carrots	1	small jar pimento chopped
1	can mushrooms - stems and pieces	1	medium green pepper chopped

Drain well the canned vegetables and mushrooms. Add chopped vegetables and toss with fork with 1/2 teaspoon salt.

Add:

1-1/2	cups sugar	1/2	teaspoon dill seed
1	cup salad vinegar	1/2	teaspoon paprika
	1/2 teaspoon celery seed		

Chill 24 hours before serving. Drain well before serving. This makes 2 quarts. Can be kept in refrigerator for 2 weeks. Nice to serve with any cold meat or any sandwich. Can be used as a vegetable or salad.

LOUISE MANION

## CUCUMBERS IN CREAM



Peel two sides of 3 cucumbers. Score with tines of fork all over. This will make a fluted edge when cut. Slice very thinly, and add:

1	cup commercial cream	1/2	teaspoon dill seed
2	Tablespoons lemon juice	1/2	teaspoon salt
1	teaspoon prepared mustard	1/8	teaspoon onion salt

Blend well and put in icebox (covered) for 2 hours.

EILEEN GRANT, Hiwan Hills, Evergreen, Colorado

## CINNAMON RINGS

These are made by using the extra large, but not ripe or yellow cucumbers.

Wash and slice around, about 3/8 inch thick. Place in earthen, porcelain or pyrex bowl or crock, and pour over a hot brine of 2 cups salt, to a gallon of boiling water. Let stand in brine one week. Then drain and pour clear boiling water over the slices. Next day drain and pour 1 gallon boiling water with 1 tablespoon powdered alum over rings and let stand 24 hours. On following day, drain again and pour clear boiling water over and let stand 24 hours, then drain.

Before pouring pickling liquid, rim or cut out the seed cavity. This makes the ring. For the pickling liquid, I use the same as used for the 14 day sweet pickles, except that I use only stick cinnamon for spice, and also use 1 - 1-1/2 teaspoons green food coloring or red food coloring.

By making some green and some red, they are nice for Christmas time.

MRS. WILLMETTA CORNWELL, Route 4 Box 120B, Fort Collins, Colo. 80521

## SWEET PICKLED CABBAGE

1 gallon shredded cabbage  
6 shredded green and red sweet  
peppers

1/2 cup salt dissolved in 1 quart  
boiling water

Pour over cabbage and peppers and let stand about an hour. Drain off.

Put 1/2 gallon vinegar and 1/2 gallon sugar, 1 teaspoon celery seed, and 1 teaspoon mustard seed in large kettle. Boil 10 minutes and let cool some. Pour over cabbage and seal. This is truly a good relish.

MRS. ZOLA MORGAN, Burden, Kansas 67019

## SPINACH BALLS

2 packages chopped frozen spinach - 4 eggs, beaten  
cooked and drained thoroughly salt & pepper  
1 pound Ricotta or dry cottage cheese 1/4 teaspoon garlic salt  
1 cup grated Parmesan cheese 1/4 teaspoon marjoram  
1 cup dry, fine bread crumbs

Mix very well. Shape into balls the size of a walnut. Using a large skillet, brown in butter over moderate heat.

Makes 20 balls.

May be served with mushroom sauce. If so, dilute 1 can mushroom soup with 1/4 cup milk. Blend and heat.

MRS. E. G. MACASKIE, 298 South 14th Avenue Drive, Brighton, Colorado

## SPRINGTIME CELERY

1/4 cup butter or margarine  
Approximately 2 cups sliced celery  
(1/8 inch crescents)  
1/2 teaspoon salt  
1 tablespoon minced onion  
2 tablespoons minced chives

1 tablespoon flour  
1/2 cup chicken stock  
1/2 cup light cream or evaporated milk  
1/4 teaspoon pepper  
1/4 cup blanched slivered toasted  
almonds (if desired)



In a saucepan, melt the butter. Add the celery and salt. Cover tightly and cook over low heat for about three minutes or until celery is tender-crisp. Shake pan several times to prevent scorching. Add onion and chives and cook a few minutes longer. Add flour and mix well. Add chicken stock. Cook and stir constantly until sauce thickens. Add cream and pepper. Stir while cream heats. Serve sprinkled with almonds, if desired. Makes six servings.

RUTH BESEL, 1808 Broadview Place, Fort Collins, Colorado

## HERB ZUCCHINI

1/4 cup salad oil	1 teaspoon salt
1 clove garlic	1/4 teaspoon oregano
4 medium sized zucchini, sliced 1/4 inch thick	1/8 teaspoon pepper
1 small onion, sliced	1/4 cup water
	2 tablespoons chili sauce

Heat salad oil and garlic in medium-size frying pan; stir in zucchini, onion, salt, oregano, pepper, and water; cover.

Cook (stirring carefully once or twice) for about 10 minutes, or until zucchini is crisply tender. Remove garlic, drain off any liquid. Spoon chili sauce over; toss lightly to mix.



MARION CIOETA

## GLAZED ACORN SQUASH



3 Acorn squash	3/4 cup finely chopped nuts
1/4 cup molasses	1 tablespoon grated orange rind
1/2 teaspoon salt	3 tablespoons melted butter or margarine

Wash and slice squash in halves. Remove seeds and stringy portion. Place squash in greased shallow baking pan, cut side down. Bake at 375 degrees for 30 minutes. While squash is baking, mix remaining ingredients. Remove squash from oven and remove squash from shells and mix with molasses mixture. Place back into shells, return to oven and bake 30 minutes longer.

## TANGY GREEN BEANS

2 Tablespoons prepared mustard	6 Tablespoons butter or fortified margarine
2 Tablespoons sugar	
1/2 teaspoon salt	

Combine the above ingredients and heat slowly, stirring constantly.

2 Tablespoons lemon juice	2 Tablespoons vinegar
---------------------------	-----------------------

Stir in to above mixture.

3 cups cooked green beans
---------------------------

Pour the hot sauce over heated green beans. Heat a few minutes, but don't boil. Makes 6 servings.

DONNA WELLS, 811 Grove Street, Denver, Colorado

## BAKED BEANS A LA SHORTCUT

1	can pork and beans (large can)	About 1/2 cup pickle juice from sweet
1	package dry tomato soup (comes 2 packages in a box)	pickles 1/2 pound or more sliced bacon

Put beans in a large baking pan. Add the pickle juice and cover this with the tomato soup dry. You may need a little more juice, then cover completely, with sliced bacon. Bake for 1 or 1-1/2 hours at 250 to 300 degree oven. Quick and easy.

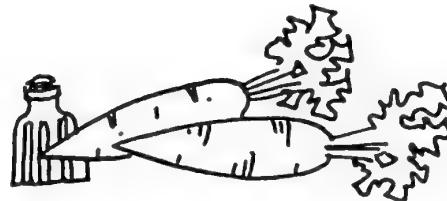
HELEN WINDSHEIMER, Box 5, Hudson, Colorado

## BARBEQUED BEANS

1	pound ground beef	1/2 cup ketchup
	1/4 cup onion, chopped	1 Tablespoon Worcestershire sauce
	1/2 teaspoon salt	2 Tablespoons vinegar
	1/4 teaspoon pepper	1/4 teaspoon tabasco sauce
2	(1 lb.) cans pork & beans	

Brown beef and onion, pour off fat. Add remaining ingredients, mix well. Cook in electric skillet at 250 - 300 degrees for 30 minutes stirring occasionally. May be poured into a 1-1/2 quart casserole. Bake in 350 degree oven for 30 minutes.

MARY JANE MALMGREN, 7780 Niagara, Commerce City, Colorado



## BUTTERY GRATED CARROTS

2	pounds carrots	1/8 teaspoon pepper
1	tablespoon salad oil	1/4 cup butter
	3/4 teaspoon garlic salt	

Peel and grate carrots (I use salad maker).

Put carrots into a large skillet with a tight cover. Toss with oil, garlic salt and pepper. Add 2 tablespoons water. Cook covered on medium heat stirring once for 10 to 12 minutes. Remove from heat and toss with the melted butter until covered.

Turnips or beets may be used instead of carrots.

VIVIAN OVERTURF, 6324 Pierce, Arvada, Colorado

## SOUR CREAM MASHED POTATOES

Boil and mash 8 or 10 potatoes with salt or Lowry seasoning. Mix 8 ounce package of cream cheese and 1 cup sour cream with potatoes. Pour into dish and dot with butter and paprika. Bake 20 minutes at 325 degrees. These may be made early and baked in time for dinner.

MARY JANE McGHEE

## HUNGARIAN POTATOES



2	chicken-bouillon cubes	1	large onion, chopped (1 cup)
2	cups boiling water	4	cups thinly sliced pared raw
2	tablespoons flour		potatoes (about 6 medium size)
1	teaspoon salt	2	medium-size tomatoes, cut in
1	teaspoon paprika		wedges, optional
1/4	teaspoon pepper	2	tablespoons butter or margarine

Dissolve bouillon cubes in boiling water. Combine flour, salt, paprika and pepper in a cup. Spread onion over bottom of buttered 8-cup baking dish, layer half the potatoes, flour mixture and tomatoes over onions. Repeat, ending with tomatoes. Dot with butter or margarine; slowly pour bouillon over; cover with lid or foil.

Bake in moderate oven (350 degrees) for 30 minutes; uncover. Bake, pressing down several times with spoon to keep moist, about 1 to 1-1/2 hours longer or until potatoes are tender. Let stand a few minutes before serving to let potatoes absorb some of the liquid. Makes 6 to 8 servings.

I have left out the tomatoes and have used about half the amount of the onion and it is still very delicious. This is nice to serve when you are preparing an oven dinner and want something different. We like it better than the usual scalloped potatoes. It has a new and different flavor. You may also vary it by using beef flavored bouillon cubes, if you like.

ALTHA LONGAKER, 5497 Locust, Commerce City, Colorado 80022

## EASY SCALLOPED POTATOES

Combine:

1	cup milk	1/4 cup minced green pepper
1	can cream of mushroom soup	1/4 cup minced onion
1/4	cup minced pimento	salt and pepper to taste

Alternate this sauce with 5 cups sliced and cooked potatoes in a buttered casserole. Sprinkle with buttered crumbs and grated sharp cheese. Bake for 30 minutes in 350 degree oven.

MRS. MARGARET SMITH, 10620 West 60th Avenue, Arvada, Colorado

## POLKA-DOT SCALLOPED POTATOES

1/2 cup processed cheese spread	2	tablespoons diced red pimento
1 10-1/2 ounce can cream of	1	teaspoon salt
celery soup		dash of pepper
1/4 cup minced onion	1	16 ounce package frozen french fries
1/4 cup diced green pepper	1	package frozen peas and carrots, partially thawed

Place french fries in bottom of 1-1/2 quart casserole. Mix together soup, peas & carrots, onion, green pepper and pimento. Pour over french fires. Top with cheese. Bake at 375 degrees for 45 minutes or until done.

We like this with grilled hamburgers or barbequed ribs.

CHARLOTTE BROWN, Boulder, Colorado

## BROWNED PAPRIKA POTATOES

6	medium-sized potatoes	1/4 cup corn-flake crumbs
1	tablespoon melted bacon	1 teaspoon paprika
	drippings or other fat	1 teaspoon salt

Pare potatoes; brush with melted fat. Roll potatoes in mixture of corn-flake crumbs, paprika and salt. Bake covered in greased baking pan in hot oven (425 degrees) about 45 minutes. Serves 6.

This is real good to put in the oven with meat loaf or other oven meals. May be baked at a lower temperature for a longer time.

MRS. WILLIAM LUSH, 921 Arapahoe, Cheyenne, Wyoming

## SWEET-POTATO BAKE

4	medium sweet potatoes	1/4 cup seedless raisins
	1/2 cup brown sugar	1/4 cup butter or margarine
1	tablespoon cornstarch	3 tablespoons cooking sherry
	1/4 teaspoon salt	2 tablespoons chopped nuts
1	cup orange juice	1/2 teaspoon orange peel

Cook potatoes in boiling salted water until tender, drain, peel and halve lengthwise. Arrange in shallow baking dish or pan. Mix brown sugar, cornstarch, and the salt. Blend in orange juice, add raisins. Stir while bringing quickly to boiling. Add remaining ingredients. Pour over potatoes. Bake uncovered 350 degrees for 20 minutes or until potatoes are well glazed.

Note: You can use 1 pound 2 ounce can sweet potatoes. I have fixed it without the cooking sherry and nuts and it is very good.

LELA KLEIN, Estes Park, Colorado

## POTATO PANCAKES (Kartoffelpuffer)

4	medium raw potatoes, grated	1	teaspoon salt
1	cup cooked, mashed potatoes		1/2 teaspoon pepper
1	egg		fat or butter for frying
1	egg yolk		

Press liquid from grated potatoes and discard. Combine grated potatoes with mashed potatoes, egg, egg yolk, salt and pepper. Shape into desired size pancakes and fry until brown and crisp on both sides. May serve with sauerbraten or any substantial meat dish or as a luncheon dish with applesauce.

GERTRUDE EHLERS, 334 South Clarkson, Denver, Colorado

## TEXAS POTATOES

4	cups diced potatoes	1	teaspoon salt
1	cup minced onion		

Cook in a small amount of water for 5 minutes and drain.

Make a white sauce as follows:

4	Tablespoons butter or oleo	2	cups milk
2	Tablespoons flour		

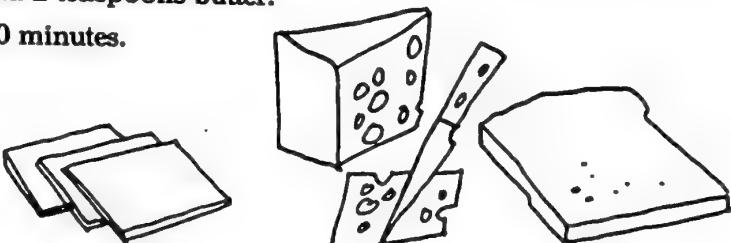
Add:

2	cups grated cheese	1/3 cup chopped pimento (optional)
	1/8 teaspoon pepper	

Place potatoes and onions in a greased 2 quart casserole. Combine cheese white sauce with potatoes.

Top with bread crumbs and 2 teaspoons butter.

Bake at 350 degrees for 30 minutes.



## CHEESE PIT

5	slices of white buttered bread	1/2 teaspoon dry mustard
12	ounces of grated sharp cheese	1/2 teaspoon salt
4	eggs (slightly beaten)	1/4 cayenne pepper
2	cups milk	

Butter the slices of bread. Cut the bread into cubes or pieces. Alternate layers of the bread and cheese in a buttered baking dish. Mix other ingredients and pour over bread and cheese. Let stand several hours or over night. Take out of refrigerator before hand so dish isn't so cold. Bake 45 minutes at 325 degrees.

## TOMATO DUMPLINGS

1 quart tomatoes	1 teaspoon salt
2 teaspoons sugar	2 Tablespoons butter or margarine

Put the above into a large kettle and bring to a slow boil.

### DUMPLINGS:

1 egg, beaten

Add: 1 cup milk

Sift together: 1-1/3 cup flour

2 teaspoons baking powder

1 teaspoon salt

Pour milk and egg into flour. Mix. Drop by teaspoonsful on top of tomatoes. Cook 5 minutes uncovered. Cover and cook 10 minutes more, slowly. Serve immediately. Add cottage cheese, lunch meat or other protein—also, a crisp vegetable for a complete lunch or supper menu.

This dumpling recipe is very good in your meat broth or on a stew which is not too thick.

RUTH BESEL, 1808 Broadview Pl., Fort Collins, Colo.



## BUTTER BALLS (German)

4 cups dry crushed bread crumbs	1 teaspoon allspice
4 eggs	1/3 cup cream
1-1/2 teaspoon salt	1 cube butter

Measure bread crumbs after rolling fine. Add melted butter, cream and eggs. Also rest of seasoning. Mix thoroughly and roll into small balls the size of walnuts. Drop in hot chicken broth, and boil slowly until they come to the surface. Add noodles and boil a few minutes longer. These may be frozen.

MRS. JOHN WEIMER JR., 1601 Cedar Avenue, Greeley, Colorado



## SAUERKRAUT DUMPLINGS

1 full can of sauerkraut. Put in a kettle and add a little water. Boil hard for a couple of minutes. Do not add too much water to spoil the flavor of the kraut — the more sour the kraut the better. When boiling hard, take out the kraut. Drop in the dumplings. Cook as you would for drop dumplings. Serve on a platter with the kraut. Serve hot.

MR. BEN VESTAL, 1995 South Knox Court, Denver, Colorado

## RICE CASSEROLE

1	pound sausage, browned	2	cans cream of chicken soup
1	cup each, chopped onion and celery	1	soup can water
2	cans mushroom soup	1	cup uncooked rice

When sausage is browned in skillet, mix all ingredients together and place in ungreased casserole (will take a large one or two small casseroles). Bake two hours in 325 degree oven.

MRS. A. E. CLAUBAUGH, Laird, Colorado

## CURRY RICE

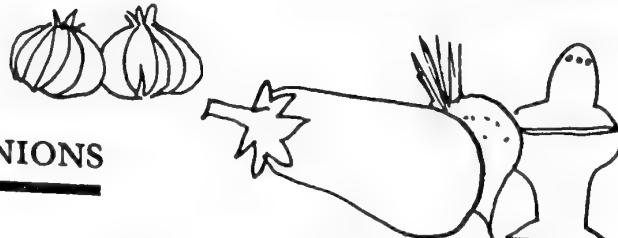
In heavy pan put 2 Tablespoons fat and 1 cup rice, 1/2 of small onion, chopped. Brown, stirring all the time for 5 minutes. Take off heat and add 1 to 2 teaspoons curry, 2 teaspoons salt, 1/4 teaspoons pepper, and 2-1/2 cups boiling water. Cover and cook 40 minutes.



## RICE WITH MUSHROOM ALMOND SAUCE

Cook 2 tablespoons chopped onion in 2 tablespoons butter; add 2 tablespoons flour, 1/2 teaspoon salt and 1/8 teaspoon pepper; cook until brown. Add 1 cup chicken stock or 2 bouillon cubes in 1 cup water; cook until thick. Add 1/4 cup sliced mushrooms fried in 2 tablespoons butter. Add 1/3 cup sliced, toasted almonds. Serve over 2 cups hot rice. Serves 6-8.

MRS. A. E. CLAUBAUGH, Laird, Colorado



## CALIFORNIA BAKED ONIONS

1	#303 can of onions (1 pound) - drained	4	Tablespoons catsup
2	Tablespoons honey	2	Tablespoons butter or margarine

Put into small casserole and bake (covered) about 1 hour at 350 degrees.

CORNELIA QUINLAN, 730 West Prospect, Fort Collins, Colorado

## FRIED APPLES AND ONION

Wash hard juicy apples - they have to be the hard ones. Do not peel. Slice apples, salt and pepper to taste. Put some margarine in pan and slice some onions, about 1/3 as many as apples. Fry the onions in the pan; when they start to brown (light brown) drop in the sliced apples and fry until done. Do not get the pan too hot.

MR. BEN VESTAL, 1995 So. Knox Court, Denver, Colorado

## BUTTERED ONIONS WITH WALNUTS

4	Tablespoons butter or margarine	3	cups drained, seasoned, hot cooked
	1/2 cup walnut halves		or canned small onions

Heat butter in skillet or frying pan over low heat; add walnuts; cook 2 to 4 minutes or until lightly toasted, stirring constantly. Remove from heat. Turn onions into heated serving dish; place cooked walnuts on top. Lightly stir walnuts throughout onions.



## CORN AU GRATIN

2	cups whole-grain corn	1/2 cup thin white sauce
1	cup grated cheese	1 cup soft bread crumbs

Mix corn, grated cheese and white sauce together. Place in casserole and cover with crumbs. Bake at 350 degrees for 30 minutes or until light brown. Will serve from 4 to 6 people.

MRS. JUNE COCAGNE, 1930 Lincoln, Denver, Colorado

## KNOTTS BERRY FARM CHERRY RHUBARB

Wash do not peel, 1 pound cherry rhubarb, add 2-1/4 cups water and 1-1/2 cups sugar.

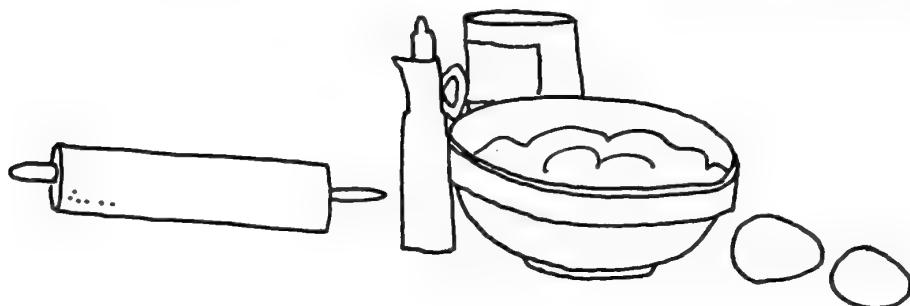
Cook in an open kettle for 1 to 2 minutes after it boils. Cover and let it set. Time depending on condition of rhubarb. If you put a lid on the kettle, the rhubarb pieces mash. Let stand for a few hours before serving.

LAURA SITTLER, 3318 Clay Street, Denver, Colorado

## FETTUCCINI (Noodle Dough)

Place 2/3 cup all-purpose flour on a pastry board or counter top. Make a "well" in the flour, and drop into it, 1 egg which has been barely combined with 1 tablespoon water, 1/2 teaspoon oil and 1/2 teaspoon salt. Work mixture by hand, folding the flour over the egg until the dough can be rolled into a ball and comes clean from the hands. Knead as for bread for about 10 minutes. Let stand, covered, for about 1 hour. Turn onto floured board and roll, pull and stretch gradually - use extra flour to keep from sticking. Follow the "roll, pull, stretch" procedure about 10 times or until paper thin (if desired, real thin). Cut, on the bias, strips desired width. These noodles are good in everything from 1/8" wide for soup to 1 inch wide for lasagna.

ANNETTE JOHNSON, 1065 South Locust St., Denver, Colorado



## **SALADS**

## GREEN CHEESE, FRUIT SALAD

Mix;

Dissolve and set aside to cool.

Put in a bowl and whip until creamy:

1 8-ounce package of cream cheese 1/2 cup evaporated milk  
1/2 cup mayonnaise

Add this to the cooled jello and chill 30 minutes to one hour. Then beat well. Looks like green whipped cream and should be quite thick.

Then add:

1 can fruit cocktail – well drained

Then fold in:

1 cup finely ground nuts -- pecans preferred

Pour mixture into loaf pans or individual molds to chill.

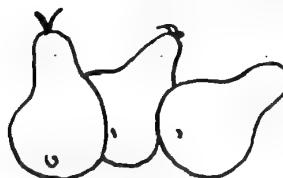
Note: If mold is oiled lightly with oil it will give a sheen to plain jello and will also make it easier to unmold.

MRS. ETHEL ZAABEL, Peyton, Colorado

## PEACH-SLAW MOLD

Drain a one pound can of cling peach slices, saving the syrup. Dissolve a package (3 oz.) peach gelatin (or apple gelatin will do if you can't obtain peach) as package directs but use 1/2 cup of the peach syrup, 1-1/4 cups water and 2 tablespoons lemon juice. Cool until mixture mounds on a spoon. Fold in peaches and 1 cup cabbage chopped very fine (like cocoanut). Chill until firm.

MRS. HERBERT MANGIS, Lance Creek, Wyoming



## PEAR SALAD

1 3-ounce package lime gelatin 1 8-ounce package cream cheese  
1-1/3 cup boiling pear liquid

Dissolve gelatin in pear liquid. Add hot mixture slowly to cream cheese, until smoothly blended. (I use mixer on lowest speed.) Cool and let set slightly.

**Add:**

Fold in:

1 package whipped dream whip; chill until firm

May be garnished with maraschino cherries for a more festive look.

HAZEL KRUEGER 792 South Union Blvd. Denver, Colorado 80202

## FROSTED APRICOT SALAD

2	packages orange jello	1	large can apricots
2	cups boiling water	1	large can chunk style pineapple
	fruit juice and enough water for 2 more		about 16 marshmallows, cut in small
	cups of liquid		pieces

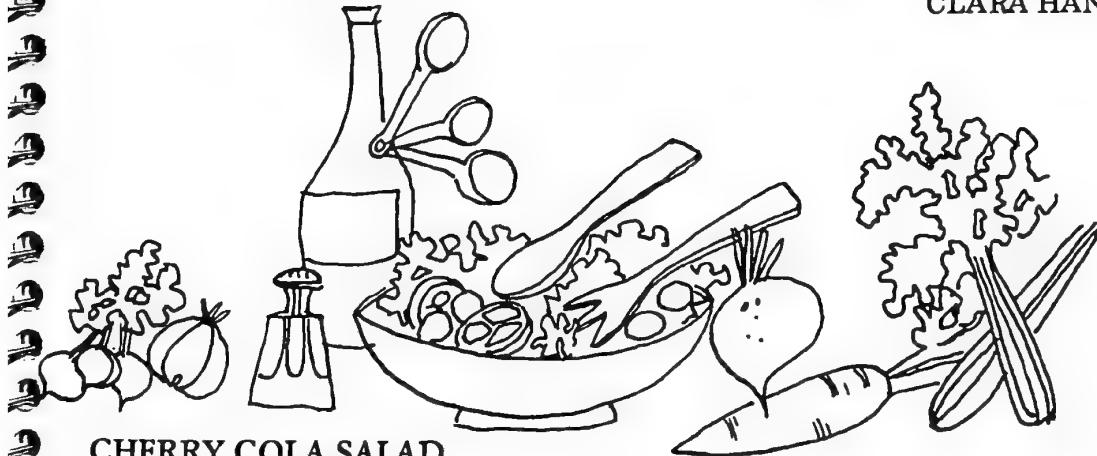
Drain fruit juices together and reserve 1 cup for topping. Dissolve jello in boiling water, add other 2 cups of liquid, let cool until partially set, add cut up apricots and pineapple, add cut marshmallows. They will stay on top. Chill and cover with topping.

### **TOPPING**

1/2 cup sugar	1	egg, beaten
2 Tablespoons flour	2	Tablespoons butter
1 cup fruit juice	1	cup cream, whipped

Mix sugar, flour, egg, juice and butter; cook until thickened, stirring constantly. Cool. Add whipped cream and frost chilled jello mixture.

CLARA HANKS



## CHERRY COLA SALAD

2	packages Cherry jello	1	3-ounce package cream cheese
1	10-ounce jar maraschino cherries	1	Coca cola, regular size
1	#2 can crushed pineapple		2/3 cup pecan pieces, if desired

Drain cherries and cut into halves. Drain pineapple. Heat juice of cherries and pineapple to which enough water has been added to make two cups of liquid. Pour over jello and stir until dissolved. Cut cream cheese into small pieces and put into warm mixture. Add the Coca cola, cherries, and the pineapple. Mix well. Chill until firm.

I pour this into a glass dish 7-1/2 x 11-1/2 x 2. When firm, cut into squares and serve.

Note: This is delicious with most any kind of meat, especially turkey. It may be served plain or on lettuce with a bit of mayonnaise or salad dressing in center of each square.

INEZ NOWERY

## 7 UP SALAD

Dissolve 2 packages lemon jello in 2 cups boiling water. Add 2 cups 7 Up. Cool. Drain a 20 ounce can crushed pineapple. Reserve 1 cup juice. Add pineapple, 2 sliced bananas, 1 cup small marshmallows to jello. Allow to set in 13 x 9 cake pan or larger. Cover. Then spread with topping.

### TOPPING

Mix 1/2 cup sugar, 2 tablespoons flour, 1 cup pineapple juice, 1 beaten egg. Cook until thick. Stir in 2 tablespoons butter. Cool. Then stir in 1 package whipped dream whip - or 1 cup whipped cream. Spread over set jello. Cover top with grated long horn cheese.

BEVERLY WATSON, Littleton, Colorado

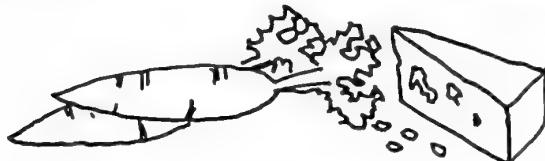


## CRANBERRY SUPREME SALAD

4	cups fresh cranberries (ground)	2	cups red grapes (seeded & cut in half)
2	cups sugar	1	cup heavy cream whipped
1/2	cup chopped walnuts		

Grind the cranberries, place in bowl, pour the sugar over them and let stand in the refrigerator overnight. Place in colander and let drain. Stir so as to let all the juice drain off. Add the grapes and nuts. Fold in the whipped cream. Mound in lettuce cups, top with a dab of whipped cream and top with maraschino cherry.

MRS. ROBERT BOWRON, Boulder Canon, Boulder, Colorado



## CARIBBEAN SALAD

1	head lettuce, shredded	1/4	cup coconut
1	can mandarin oranges, drained	2	pieces celery, diced
1/2	cup raisins, cooked	1/4	cup grated American cheese
2	carrots, shredded		honey dressing

Shred lettuce. Add mandarin oranges, raisins, carrots and celery. Mix well. Add coconut and American cheese. Toss well again. Mix in honey dressing, or cole slaw dressing. (serves 6).

### HONEY DRESSING

Add 2 tablespoons strained honey to 1 cup french dressing.

MRS. MARY E. RIDDLE, 15 Wolfe Avenue, Colorado Springs, Colorado

## HEARTY SEAFOOD SALAD

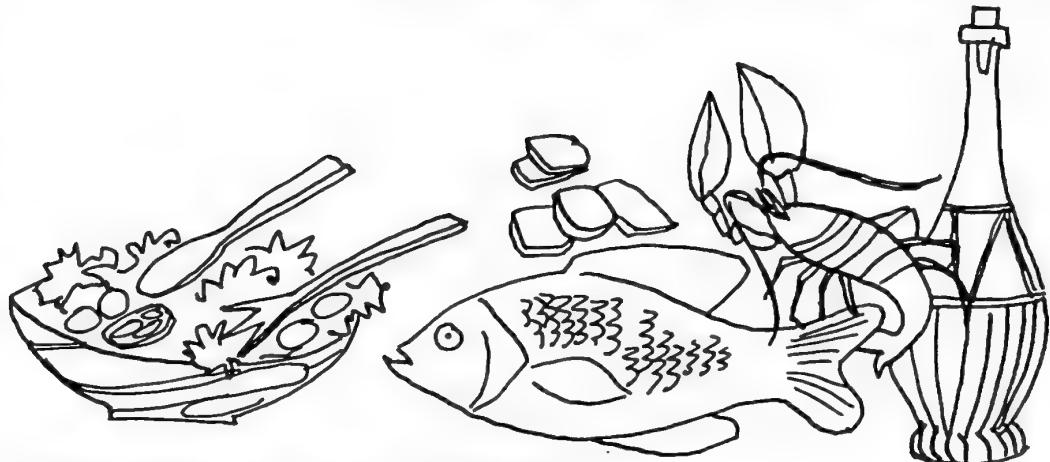
2	cups shredded raw parsnips	3	crisp unpared red apples, diced
1	small onion, diced	3	Tablespoons lemon juice
12	stuffed olives, sliced	1-1/2	cups thinly sliced celery
1	can (6-1/2 to 7 oz.) coarse tuna	2	cups canned, cooked shrimp
3	hard cooked eggs, diced		

Combine all ingredients, and toss with Zippy Dressing, enough to hold the mixture together. Add salt and pepper to taste. Heap salad on shredded lettuce making a high mound. Sprinkle with chopped chives. For a party, arrange additional shrimp, celery, and olives in lettuce cups around salad.

### Zippy Dressing:

1	cup mayonnaise	1	teaspoon prepared horseradish
	1/4 cup French dressing	1	teaspoon Worcestershire sauce
	1/4 cup chili sauce or catsup		1/2 teaspoon salt
2	Tablespoons chopped chives		coarsely ground black pepper to taste

ELVA MOON, San Isabel Ranch, Westcliffe, Colorado



## MOLD SALMON SALAD SUPREME

2	cups (1 lb. can) of salmon	3	Tablespoons lemon juice
2	3-ounce packages of lime gelatin	3/4	teaspoon salt
1-1/2	cups boiling water	2	cups shredded cabbage
1-1/4	cups cold water	5	hard cooked eggs, sliced (reserve
1/4	cup mild vinegar		3 or 4 slices for garnish)

Remove bone and skin from salmon flake and place in 9 x 5" loaf pan.

Dissolve gelatin in the boiling water; add cold water, vinegar, salt, and lemon juice.

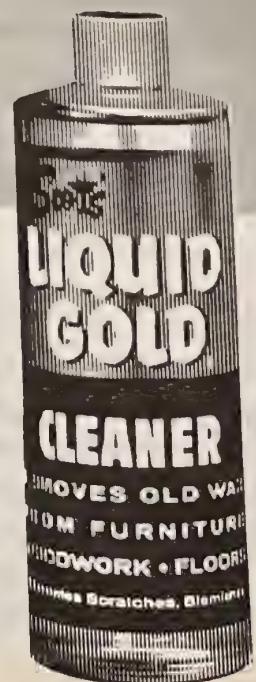
Pour half of warm gelatin over salmon, chill. When set, fill mold with alternate layers of eggs and cabbage. Cover with remaining gelatin. Chill until set.

Unmold on lettuce garnish with the reserved egg slices and a sprig of parsley on top of molded salad. Serve mayonnaise with the salad. Serves 6 to 8.

ESTHER WELCH, 1758 West Kentucky, Denver, Colorado



**IF YOU "CARE" FOR YOUR  
FINE WOOD PANELING  
... YOU USE *LIQUID GOLD!***



## **CANNING AND FREEZING**

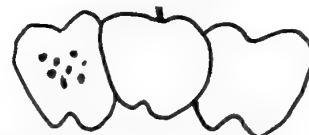
## MOTHER'S STRAWBERRY PRESERVE

9	cups sugar	1	cup water
2	heaping quarts strawberries		

Wash and hull berries before measuring. Put sugar and water in large kettle. Stir and boil until sugar is well dissolved; add berries and boil 15 minutes. Do not stir, but shake and skim. Pour into shallow pan and shake often until cold. The shaking is the secret to success. It causes the berries to absorb the syrup and remain plump and whole and jells the juice.

Never cook more than 2 quarts of strawberries at a time. When preserve is cold, pour into sterilized jars and cover with melted paraffin and seal with lids.

MRS. JAMES BRIGHT, 4781 E. Colorado Ave., Denver, Colorado



## RHUBARB-APPLE CONSERVE

4	cups diced, rhubarb	1/2	teaspoon cloves (1 teaspoon if you like cloves)
3	cups diced, peeled apples	1	teaspoon nutmeg
1/3	cup lemon juice	1/4	teaspoon salt
1/2	cup orange juice	4 to 4-1/2	cups sugar (to taste)
2	teaspoons cinnamon		

Mix ingredients and let stand 1/2 hour. Cook slowly, stirring frequently until thick. Test by spooning a small amount into a small dish and setting in freezer, refrigerator or cold water until cool. Pour into glasses and seal with melted paraffin. Makes approx. 3 pints.

(I have varied this by using 4 cups apples and 3 cups rhubarb. I have used apple sauce in place of apples (about 1-1/2 cups) and cut down on sugar about 1/2 cup. For orange juice I have used fresh frozen, and non-carbonated orange flavored drink; all with equal success.)

MARIE ULERY, Castle Rock, Colorado

## GREEN TOMATO PRESERVES

Simmer 2-1/2 pounds sugar, 2 thinly sliced lemons, 1 Tablespoon cinnamon, piece of ginger root, and 1 cup water, for 15 minutes. Add 2 pounds thinly-sliced, peeled green tomatoes. Simmer until as thick as you want them.

ELSIE CHARLES, Flagler, Colorado



## CUCUMBER RELISH

Peel, remove seeds, and grind enough large cucumbers to make 4 quarts. Add 1 pint ground onions, 5 tablespoons salt. Mix and let stand 2 hours. Drain. Add 4 cups sugar, 4 cups vinegar, 1-1/2 teaspoons celery seed, 3/4 teaspoon ground cloves and 2 teaspoons tumeric. Mix and simmer 5 minutes. Seal in sterilized jars.

MARY ALLEN, Haxtun, Colorado

## APPLE WINTER RELISH

2 cups sugar  
2 to 3 cups vinegar  
6 large green apples  
1 small onion, finely chopped  
1/2 cup chopped raisins

1. teaspoon salt  
1/2 teaspoon dry mustard  
1 cup corn syrup  
1/2 teaspoon pepper

Core, quarter and chop apples coarsely, put in saucepan with sugar, syrup and vinegar and simmer for about 30 minutes. Add remaining ingredients and boil for 30 minutes, stirring frequently. Pour into sterilized jars and seal immediately.

An interesting relish for your preserve shelf that can be made anytime.

BERTHA WATSON, 2527 Clermont, Denver, Colorado

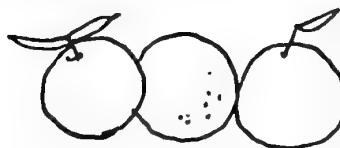
## END OF GARDEN PICKLES

1 cup sliced cucumbers  
1 cup sliced onions  
1 cup chopped sweet peppers  
1 cup chopped cabbage  
1 cup diced green tomatoes  
1 cup chopped carrots  
1 cup green or wax beans,  
1 inch pieces

1 cup cauliflower - pieces  
1 tablespoon celery seed  
2 tablespoons mustard seed  
2 tablespoons tumeric  
2 cups sugar  
2 cups vinegar

Soak all vegetables in salt water over night, 1/2 cup salt to 2 quarts water. Drain. Cook carrots until tender. Drain. Mix all vegetables with sugar, vinegar and seasonings. Boil 10 minutes. Put in sterilized jars and seal.

DESSIE JAEGER, 210 Vaughn Court, Cheyenne, Wyoming 82001



## PICKLED PEACHES

Pickling syrup:

6 cups sugar  
4 cups vinegar  
3 sticks cinnamon  
1 tablespoon cloves

1 tablespoon allspice  
1 teaspoon salt  
1/2 teaspoon ground ginger  
1/2 teaspoon mace

Color will be lighter if whole spices are tied in cloth and discarded before pickles are canned, but a stick of cinnamon and 3 or 4 cloves are usually added to each jar at time peaches are packed.

Mix all ingredients except peaches; bring to boil. Let simmer about 30 minutes. Wash and scald peaches 1 minute in boiling water, then cold dip, drain and peel. Add peaches, a few at a time, to the spiced syrup, and gently boil 4 to 5 minutes. Pack hot peaches to within 1/2 inch of top of jar and cover with hot syrup. Put dome lid on jar, and screw band tight. Process 20 minutes in boiling water.

BESSIE PARSONS, 711 16th Street, Golden, Colorado

## PICKLED WATERMELON RIND

2	pounds watermelon rind	1	stick cinnamon
2	cups vinegar	1	teaspoon whole cloves
2	cups water	1	teaspoon whole allspice
4	cups sugar	1	lemon sliced thin

Pare watermelon rind and remove pink portion. Cut rind into pieces 2 x 1 inches and 1/2 inch thick or in cubes. Soak rind overnight in brine made by dissolving 1/4 cup salt in each quart water. Drain rind, wash with fresh water. Drain. Cook rind in fresh water until tender. Combine remaining ingredients and boil 5 minutes. Add rind a few pieces at a time, cook until clear. Pack rind in hot sterilized jars. Cover with boiling syrup and seal. Makes 2 pints. Spices may be tied in cheese-cloth bag if desired.

Cantaloupe rind, pumpkin or winter squash may be pickled same way, or diced green tomato using salt instead of brine. I have made them from large ripe cucumbers after peeling and removing seeds.

EDITH BUSHMAN

## MRS. MILLER'S GREEN TOMATO MINCEMEAT WITH FRUIT

6	cups chopped green tomatoes, drain well	1	tablespoon salt
1	pound prunes, cut finely	2	cups white sugar
1	pound raisins	2	cups brown sugar
6	cups sour apples, chopped	1	tablespoon nutmeg
1	cup chopped suet	1	tablespoon cloves
1	orange, grated, rind and juice	1	tablespoon cinnamon
		1/2	cup vinegar



Stir in vinegar, and mix as you add it. Cook 20 minutes or little longer. Watch it and stir, or it will scorch easily. Seal in sterilized jars.

MRS. W. A. MILLER, 3763 Lowell Blvd., Denver, Colorado

## KOSHER DILL PICKLES

36	small cucumbers	2	teaspoons pickling spice
6	tablespoons salt	12	sprigs dill
12	cloves garlic		

Scrub cucumbers. Pack them in upright position into glass jars. Divide the salt, garlic, pickling spice and dill among the jars. Fill each jar to overflowing with water. Seal the jars. Store in dark cool place for at least 10 days before using. Chill before serving.

ETHEL PATNOI, 1340 Osceola Street, Denver, Colorado 80204

**FOOD  
SHORT CUTS  
AND  
HOUSEHOLD  
HINTS**

## POTATO SALAD SECRET

---

Boil white baking potatoes in skins until tender. Peel and dice while still hot. Add salt, onions and herbs to taste right away. Marinate 2 to 3 hours to overnight in salad oil, enough to coat. Add mayonnaise before serving.

MRS. ED ATKINSON, Columbus, Ohio

## SOME "WAYS" WITH VEGETABLES

---

1. Combine peas and corn (frozen) for a tasty, pretty dish. Season as usual with butter, salt, pepper and a dash of sugar.
2. Cook a package of frozen peas, make a white sauce and add to peas. Serve over a head of cauliflower or cauliflowerets.
3. Ketchup-butter sauce is good served on steamed cabbage. Just combine equal parts of ketchup and butter and stir until butter is melted. Small boiled onions may be substituted for cabbage.
4. To a 1/2 cup salad dressing or mayonnaise, add 1/2 to 1 teaspoon soy sauce and about 1 teaspoon or more of Worcestershire sauce. Mix and serve in small dish to pass with cabbage or any other vegetable.
5. Vegetable topping for green beans:

2	Tablespoons butter	1/2 teaspoon or more of grated onion
2	Tablespoons grated raw carrots	1/4 teaspoon salt
1	Tablespoon chopped parsley	1/2 cup dry bread crumbs

Melt butter and add bread crumbs. Remove from heat and add rest of ingredients. Place over a heated #2 can of green beans which have been placed in serving dish. Serves 4. This topping is good served on other vegetables.

To dry onions, after peeling off dry leaves, slice 1/8 to 1/4 inch thick and blanche 7 minutes, spread on trays. About 5 hours are required for drying. After the onions have passed thru the seat, they must be stored in dark bins.

MRS. RUTH NEWMAN

• •

Scrub carrots with nylon brush or netting. If you remove gravy pan from fire while adding liquid, it won't lump.

MINNIE SAMUELSON, Hugo, Colorado

Canned: Drain off liquid into sauce pan, simmer down, about 5 minutes, add vegetables and heat just to boiling. Season with butter or margarine. Salt and pepper. Or, drain off liquid (save for making soup or sauce), heat vegetables in melted butter or margarine just until piping hot; season to taste with salt and pepper.

Seasoning suggestions:

Green peas or lima beans with a spoonful of mint jelly heated in the butter.

Hot baked potatoes with a big spoonful of sour cream or yogurt and a sprinkling of paprika.

Beets, diced, sliced or whole-with sweet pickle juice.

Spinach, boiled onions, or mashed potatoes with a dash of nutmeg.

Stewed tomato with a sprinkle of oregano.

Cook shredded cabbage with sauteed grated onion and a sprinkling of celery seed.

Braised celery with sour cream and poppy seed.

Green peas, succotash, green beans, or asparagus with chopped chutney heated in butter.

Asparagus or broccoli with lemon juice and a dash of curry powder added to butter.

French green beans with slivered browned-in-butter almonds.

Mashed potatoes with a little grated onion and celery seed.

Wax beans with a dash of mace.

Asparagus, green beans, peas, carrots with sliced mushrooms, sauteed in butter.

Cauliflower with bread crumbs or tiny bread cubes lightly browned in butter. Good with broccoli, asparagus, and cabbage also.

Mashed hubbard squash with a few drops of aromatic bitters.

Green peas, onions, kernel corn with a little undiluted evaporated milk, butter, salt, pepper, and a dash of nutmeg.

ALICE MC NEW, 3030 Stuart Street, Denver

Put about 1 cup of sauerkraut in a pound of hamburger for meat balls. Makes extra different and moist meatballs.

RUTH RIECH, Hartsel, Colo.

Add salt to the water in which you boil eggs and they'll peel easily, no matter how fresh.

## DUCK --

Remove skin and all fat. Season to taste, then cook tart apples with the duck or stuff whole duck with apples cut in chunks.

## VENISON OR ANTELOPE

For Steak: Trim all skin and fat off them, then place flat in a pan. Cover with salt water (3 teaspoons per 2 cups water). Let soak for at least 2 hours, then pour off and cover meat with milk and let set another 2 hours. This takes away the wild taste and makes it very tender. Roasts: While still frozen, mix and marinate roast in 1/2 cup vinegar, and 2 teaspoons dry mustard. Let thaw slowly with this over top (best if sets 2 days, but not necessary). Then season with onion salt, garlic salt, Worcestershire sauce and punch in a few whole cloves. Roast at 250 or 300 degrees until just done but not dry. The drippings make wonderful gravy.

When you want to pulverize a garlic bud, put the bud between two thicknesses of wax paper (skin included) and just hit it several times with your kitchen hammer or steak tenderizer. Presto! It's mashed and the juice is ready to use. No garlic presser or pliers are necessary.

Dry celery tops (to be used later for seasoning) in a paper bag with holes in it, folding over the top of the bag and letting them set until completely dry. Parsley and green onion tops may be dried the same way. Also, if after cutting an onion, you have a left over slice or two, cut in small pieces and dry to use like the instant onions you buy.

When using oranges for cooking or salads, grate the peel before cutting them. Either dry the grated peel or freeze it for future use in baking, etc.

Here's a tip that we have talked about before over your program, but it is such a wonderful help, I thought it was worth mentioning again. Maybe someone who can use this, might not have been listening the other times: you can sponge a scorch off of white articles such as shirts, with a piece of cotton which has been soaked in 'peroxide.. The scorch comes off easily and leaves no residue. The iron does not make another stain as you re-iron it.

A lady awhile back mentioned about her iron sticking, and starch was on the iron. If you will put about 2 tablespoons of salt on a piece of paper and rub the iron over it, the starch will come off the iron like magic, and you don't have to cool your iron when you use this method.

MRS. MURIEL FRIDDLE, Box 71, Limon, Colorado

I would like to share with neighbors the following very simple method of adjusting cakes to the altitude. I found this in one of my various bulletins, etc., on the altitude acquired over the past 6 years.

I now have all my favorite recipes adjusted to this altitude, and never hesitate to try a new recipe using this method. On some I have had to try several times before obtaining desired result. Others are o.k., the first time:

For each recipe:

Reduce baking powder 1/4 to 1/2. Start with 1/4 first, add one whole egg, add 1 to 2 tablespoons flour, increase oven temperature 25 degrees.

Here are a few additional tips:

Never reduce soda beyond 1/2 teaspoon to 1 cup sour cream or milk.

If cake is very rich, might have to reduce shortening 1 to 2 tablespoons.

If cake falls reduce baking powder a bit more.

I sometimes have to reduce it as much as 1/2 before obtaining desired result.  
Don't over beat.

To substitute regular flour for cake flour: to each cup take out 2 tablespoons of the regular flour and substitute 2 tablespoons cornstarch.

Hope this will help others as much as it has helped me.

ERMA ROARK, 2619 Perry, Denver, Colorado

To make powder sugar go farther, and your frosting creamier, add about 1 cup powdered milk to each 2 to 2-1/2 cups of powdered sugar. You can use hot water with this but of course, cream makes it better.

HAZEL STOVEMETS, Fort Collins, Colorado

When hard cooking eggs, stir the eggs often during the first six to ten minutes of cooking time. The motion sets the yolks in the center of the whites.

To keep buttonholes on sweaters from stretching out of shape when the sweater is being washed, baste the buttonholes closed before you wash the sweater.

If when buying soap, you peel the wrappers and let the bars dry out, you'll find they won't get gooey and will last 3 times longer.

Never throw away butter or margarine wrappers. Grease your pans for baking and frying with them.

Rubbing vinegar on grass stains does remove them and doesn't harm the color.

ARLENE DRAIZE

Set a hot cake tin that you have just removed from the oven on a wet cloth, and the cake will come out easily and not stick in the bottom.

Muffin tins are wonderful to bake apples, potatoes, stuffed peppers, tomatoes or little individual meat loaves in. Also, as a lady told about on the program recently, the muffin tins are wonderful for making a variety of jello salads in, adding different ingredients to several of the tins, before pouring in the jello.

To keep recipe cards clean, put them under a glass pyrex pie plate or put a fork, tines up, in a drinking glass and slip the card between the fork tines.

An empty three pound shortening can, that you have cleaned out as well as possible (without heating and washing) is excellent to store refrigerator dough in.

My suggestions to keep down the cost of groceries are:

1. Plan your menus around the grocery "specials" and watch all the grocery ads for the specials.
2. Serve foods that are in season, as nearly as possible, as fresh fruits and vegetables are always cheaper at that time.
3. Watching the grocery clerks when they add up the groceries to see that you are given the grocery ad prices, as they are always very busy and sometimes make this mistake.
4. The cheaper cuts of meat can be cooked to taste just as delicious and tender as the more expensive meats and there is quite a difference in the price per pound, in the two.

MRS. MURIEL FRIDDLE, Box 71, Limon, Colorado

For croutons, toss bread cubes in melted butter, seasoned with a dash of celery salt, basil and majoram.

Hot rolls spread with avacado from the shell and then spread with guava jelly - really good.

For baking powder biscuits use orange juice and a little rind instead of the milk.

ALICE LOTT, 1823 6th Street Road, Greeley, Colorado

To season a waffle iron: spread melted shortening on inside of utensil and on lid. Do not use any fat that contains salt. Place in warm oven or over low heat for several hours swabbing sides and cover occassionally with more fat. Wipe off excess fat or oil with paper towels.

MARYLIN MEINEKE

Dear Merrie Lynn,

We had to take our vacation too early for me to profit by others' suggestions, so I tho't others might profit from some of my experiences.

Do take along a styrofoam cooler of frozen foods, plus regular cooler, and pre-cool the cooler 24 hours before packing. I took cooked and frozen.

Fried chicken, beef roast (can be used many ways) pork chops (wrap in foil to heat through), bacon, ham (individually foil wrapped slices), chili, bag of tamales (very good for a change). Pies, (berry & cherry crusts got soggy when thawed, apple was fine). Sweet rolls, in foil, cookies in 2 pound coffee cans. Peanut butter, and brown sugar ice box (#3 cookbook) went very well, always good. Hamburger buns keep better than bread.

Also take instant cocoa mix, sweetened cold drink mixes, instant tea and coffee. An assortment of small cans of fruit and vegetables, canned meats and canned all-in-one meals, instant potatoes, new small packages of pancake and biscuit mix, plastic bottles of pancake syrup and honey, dry milk powder, pudding mix, foil packages brown gravy mix, soup mixes, etc.

Also be sure to take cleaning products, clean rags, "2-faced dishcloths" (the one with net on one side, terry cloth on the other), short clothesline and pins, plastic bags, a few small plastic containers for left overs, etc., paper towels, paper plates. Two skillets - at least 1 cast iron. 1 small pan with lid, any pan to heat water in. (Wash dishes in skillet or pan, so no dishpan is necessary.)

If camping in mountains - thermal underwear for pajamas.

LUCILLE HAGEL-PITT

Dear Merrie Lynn,

I think it's time I contributed something to the program, as I haven't written in for sometime. Never a program goes by that I do not gain helpful hints from it. Here is a chart that will be helpful to the ladies who use the frozen eggs they have been talking about on the program.

2-1/2 tablespoons of frozen whole egg is equal to 1 egg. (fresh).

1 tablespoon of frozen yolk is equal to 1 fresh egg yolk.

1-1/2 tablespoons of frozen egg white is equal to 1 fresh egg white.

Also, a wonderful substitute for whipped cream, is to add one sliced banana to the white of an egg, beat entirely stiff, add a little sugar and beat some more. The banana will dissolve entirely and this makes a fine "mock whipped cream".

Also, when mixing up a cake or something that calls for both sugar and cocoa, be sure to sift the cocoa first, then the sugar, and your sifter will be cleaned out this way and you won't have to wash the sifter because of the cocoa.

Use bleach and a match stick to bleach initials in the inside of overshoes.  
MARY JANE SCOTT

A good way to cut sponge rubber, is with electric knife.  
RUTH RIECK, Hartsel, Colorado

Someone said that hair spray would remove marking ink from various things. I just had to try it out to prove it, then I began to wonder if it would work on other things so started trying it out some more. I found that it would also remove ball-point ink from plastic, and will also remove a great deal of the ballpoint ink stain from cloth. I just tried it out by marking on white cloth and then spraying on the hair spray.

MRS. ROSE SPENCER, Hartsel, Colo.

If kid gloves are rubbed gently with bread crumbs after each time they are worn, they will remain clean much longer.

To rid your home of ants, mix thoroughly two parts borax with one part powdered sugar and put around where the ants come. For two or three days the ants will come in swarms, but after that they will disappear. Leave the powder around for a week or two, and you will never be bothered with ants again.

To boil an egg which is cracked - without having it leak out into the water - wrap egg in waxed paper, twisting ends securely, and boil with paper on.

CHRISTINE OLIN

A teaspoon of household ammonia added to one quart of water poured over your fern will give it a rich green color.

CHRISTINE OLIN

If you have several good nylons that do not match, put them in a kettle of boiling water with a tablespoon of salt. Boil about 10 minutes and they will all be the same color.

CHRISTINE OLIN, 1100 Emerson, Denver, Colorado

For odors in the refrigerator: Mix 2 or 3 tablespoons dry baking soda and an equal amount of dry coffee (not grounds, just fresh coffee from the can). Place in small dish or baby food jar. Leave lid off and set container in corner of refrigerator. This seems to keep the air fresh. I keep this mixture in my refrigerator all the time, changing the mixture two or three times a year. It won't prevent extra strong odors, such as fresh fruits etc., can cause, but will control everyday smells that occur in such a tightly sealed place as a refrigerator.

Use a sugar bowl as training cup for baby to train to cup. The two handles make it easy to hold.

VERA CAMPBELL, Limon, Colorado

To keep white shoes clean longer, use a good white polish, thoroughly clean your shoes of loose dirt, polish with white polish as usual, then let polish dry completely. Then take a crumpled piece of waxed paper and use this as a polishing cloth.

ANNE WINGENBACK, Leadville, Colo.

Glycerine will sometimes remove ballpoint ink.

2 T. borax to 1 T. sugar will discourage ants.

Strong epsom salts water will discourage grasshoppers. Spray plants with it.

A sponge is handy to dampen clothes as ironing, specially overalls. When wall-papering, use a wall paper paste mixture then, add a small amount of sugar and it sticks much better.

MRS. EDITH NORDQUIST, Wild Horse, Colo.

Store bulbs, in an old nylon hose, which then can be hung in the basement or somewhere where they won't freeze, takes up little space.

EDITH BUSHMAN

To remove rust from corners of old pans, dip a raw potato in cleaning powder and then scour.

Use salt water on bamboo blinds. Use cloth sprinkled with flour for cleaning window shades. Spirits of Camphor is good for ink stains on cloth.

BERTHA WATSON

Corn oil removes black heel marks from linoleum.

LOUISE HOOVER, Topeka, Kansas

When painting, coat hardware with petroleum jelly. Cleaning up is slick as a whistle, also, put a strong rubber band vertically around your paint can. Use the band to catch excess paint from the brush and keep the can's side and rim paint free.

CHRISTINE ODIN, Denver, Colo.

For mildew: 1/2 cup vinegar, 1/2 cup liquid bleach in 2 qts. water. Let soak and rinse thoroughly.

Use paste wax (floor type) for dark grease removal.

MRS. ROSE SPENCER, Hartsell

Add a handful of table salt to starch, makes it stand up beautifully on fancy work.

PEGGY WILSON, Denver, Colorado

For a clogged iron, fill it up with 1/4 cup white vinegar. Let stand overnight.

BESSIE MARIE BAGGETT, Eads, Colorado

If you apply liquid wax to your wrought iron furniture they will never rust. If you dip tin foil in water, it will remove rust from chrome. Wipe with soft cloth.

ALICE LOTT

When putting iron on patches on, pink all around and round the corners. The patch will stay on much, much longer.

HAZEL STONEMETS

I use olive oil, strong vinegar and water to wash my light panel walls. Use enough olive oil to cover the top of the water.

Use nutcrackers as pliers to unscrew bottle caps in the kitchen.

SHERRYL PIEPER, Cheyenne, Wyo.

Bubble Bath: 1/2 cup soap powder or dry detergent; 1 cup Epsom salts; 1/2 tea-spoon (2 ounces) glycerine; few drops food coloring; few drops cologne; Mix all well and put in pretty jars or bottles. Will stay dry.

MRS. HAZEL STONEMETS, Route 3 Box 566, Ft. Collins, Colorado

**FOOD  
FOR  
THOUGHT**

## APRIL

April, with much kinder weather,  
Comes as lightly as a feather.  
Seems to hush away the fear  
That disturbed us through the year.  
Floating clouds so filled with wonder,  
Brings us rain with distant thunder.  
Fresh the air, and strength renewed,  
Fills our life with gratitude.

Up to date, the whole year through,  
Seasons change with ideas new.  
We so gladly do our part,  
Just like making a new start.  
Flowers are waiting 'neath the sod  
For a gentle call from God.  
Faith in life, and willing hands,  
Welcome all my Springtime plans.

Mrs. Alma Hogan  
Route 2  
Alton, Kansas

## MY GREAT GRAMMA

A little old lady  
lives over the way  
in a little white house  
where sometimes I stay.  
She tends her flowers  
and sweeps the walk,  
has lots of friends  
who stop to talk.  
She feeds the birds  
that sing in the tree  
and bakes lots of cookies,  
just for me.  
She always has time  
to hear what I say  
when other folks tell me,  
go run and play.  
She tells me of cowboys  
and pirates and kings,  
gosh, she knows about  
most everything.  
My new mommie scolds  
and sometime I cry  
'cause she never likes me  
and I don't know why.  
So I run to the house  
over the way  
where somebody tells me  
I brighten her day.  
And sometimes when she rocks  
in her old rocking chair  
I steal up behind her and,  
well, I kiss her right there.  
I bought her a present  
for Mother's Day too,  
wrapped it in paper  
of prettiest blue with  
a big silver moon and  
stars peeping through.  
I know that she loves me  
and I love her too,  
'cause she's my best girlfriend,  
she's my Great Gramma, too.

ELIZABETH TILTON  
Deertrail, Colorado

## SNOW SILENCE

The silence of a mountain snow  
Is something each of us should know.  
It quiets all earth's loudest pounding  
With soundless flakes and drifts abounding.  
The peaceful hush of this mountain snow  
Gives one a warm and reverent glow.  
A soft white coverlet laid over all,  
The rocks, the hills, and the trees so tall.  
What is it about this silent snow  
That so mysteriously comes to show  
A tranquil peace and a quietude,  
With its silent beauty an interlude?

Pinky Graham  
Eldora, Colorado

## ROUND TRIP PLEASE

I took a fascinating trip  
To distant lands afar,  
To London, Rome & Naples  
And the Rock of Gibraltar.  
I roamed the Scottish Highlands,  
I dined and wined in France,  
And after touring Switzerland  
I seemed like in a trance.  
But when I came back home again  
To Main Street U. S. A.,  
And saw the old familiar scenes,  
I knew, -- here's where I'll stay.

Christine Odin  
1100 Emerson  
Denver, Colorado 80218

## SPRING IS A CHILD

Oh, Spring, You're like a naughty child,  
Flaunting your haughty ways,  
You're spoiled with all the compliments  
You get for pleasant days.

Just when you have me in your spell,  
Kissed by blue sky and warming glow,  
You cast me off with wintry chill  
And crust my love 'neath freezing snow.  
Oh, changeable child, 'tis then you walk  
Your father Winter's path,  
His cold unyielding spirit clings  
To life, through you, in wrath.

But soon, ne'er fear, I know you'll change,  
And with repentant tears you'll wash,  
Disguised as April rain,  
The brownness from the grass, till green  
Appears on mount and plain.

I love you, Spring -- of seasons, best-  
With promises, hope, and love,  
And resurrected life, and dreams,  
And always -- GOD ABOVE.

FERN SCHMIDT  
2122 So. Franklin St.  
Denver, Colo. 80210

## BARD - IN - YARD

Some poets write sonnets  
About Spring bonnets,  
Or land with rapture  
The joy they capture  
Watching nature's waking.

But never a verse  
Be it lengthy or terse,  
About how hard  
Is raking the yard  
And how my back is aching.

Christine Odin  
1100 Emerson  
Denver, Colorado

## DAILY AND NIGHTLY REMORSE

Tonight I tiptoed to the bedroom  
Of my darlings, asleep in their beds.  
I placed a kiss ever so softly  
On each of their dear tousled heads.  
So angelic they looked,  
I was stricken with guilt  
That today I thought them so bad.  
They're so sweet I'm sure I could eat them,  
And tomorrow — I'll wish that I had!

Artie P. Dozier

## TREASURED MOMENTS

Look for something lovely,  
It's never far away,  
A happy smile, a star, a flower,  
Could change your entire day.  
Sometimes it takes a moment,  
And a moment isn't long,  
Be glad for something beautiful,  
Your heart will burst with song.  
The happy face of a carefree child,  
Lost in the magic of play,  
Or a kiss of love upon your cheek,  
Means more than words can say.  
I've gazed on a brighter morning star,  
Before night's darkness was gone,  
And I've seen the chords of Heaven break,  
Then serenade the dawn.  
I have seen a rosebud of crimson,  
Turn its head to the bright blue skies,  
I've watched the petals of sweetest perfume,  
Unfolding before my eyes.  
Oftentimes it has been said,  
That the best things in life are free,  
So give of your time or just look about,  
I'm sure you too will agree.

LOUISE MCREE

## THE QUIET CORNER

I knelt beside a lonely lake  
Where all was green and blue;  
I asked the Lord to take my life  
And fashion it anew.  
And as I knelt, a stir I felt  
Of Glory in that place;  
The Spirit of the Living God  
Came down in power and grace.  
The wind sougded gently through the trees;  
No other sound was heard,  
But as of yore Christ walked the shore  
And broke to me His word;  
And angel trumpets filled the air  
In praise to God the Son,  
And all the pine trees clapped their hands  
At what the Lord had done.

Edith B. Bushman

## SOMETHING ABOUT A GARDEN

There's something about a garden  
Or, a little plot of grass –  
Some flowers, a clump of roses  
That cheers you as you pass.  
But, if you own a garden  
And can dig and plant and hoe  
Ah! what a world of heaven  
When the buds begin to show!  
A rose, full blown at dawning  
Besprinkled with God's dew  
Brings you close to heaven  
Because it's part of you!  
To watch the tiny seedlings  
Grow into flowers or sod –  
Somehow, to own a garden  
Makes you live next door to God.

Ora Kehn

## **INDEX**

**A**

American Made Pork Sausage.....	88
An Inexpensive Drink .....	4
Applesauce Cobbler .....	67
Applesauce Gems .....	46
Apple Slump .....	74
Apple Winter Relish .....	135
Apricot Bars (with Sherbet).....	54
Asparagus Casserole .....	114

**B**

Bacon and Steak Casserole .....	110
Baked Beans a la Shortcut.....	119
Baked Chicken with Pineapple.....	101
Baked Chop Suey.....	104
Barbequed Beans.....	119
Barbequed Ribs .....	88
Beatlenut Pie .....	62
Beef Logs with Bleu Cheese Sauce.....	89
Best Ever Ice Cream .....	72
Blue Plum Coffee Cake.....	21
Boston Brown Bread .....	9
Bread.....	6
Breakfast Yeast Cookies .....	51
Browned Paprika Potatoes.....	121
Browneyed Susans.....	42
Busy Day Fresh Strawberry Cake.....	32
Butter Balls (German).....	123
Buttered Onions with Walnuts.....	125
Buttermilk Pie .....	69
Buttermilk Pot Roast.....	93
Butterscotch Brickle Bars.....	54
Butterscotch Sauce for Ice Cream.	81
Buttery Grated Carrots .....	119

**C**

Cake Cookies.....	41
California Baked Onions.....	124
Candy Cane Cookie.....	48
Caramel Corn.....	55
Caraway-Raisin Batter Bread.....	11
Caribbean Salad.....	130
Carmel Topped Apple Pie .....	67
Cherry Chocolate Pie .....	60
Cherry Cola Salad.....	129
Cherry Dessert.....	73
Cherry Roly-Poly with Cherry Sauce.....	76
Cheese Pit.....	122
Cheese Wafers.....	18

Chess Pies .....	63
Chicken and Spare Rib Bar- beque Sauce.....	80
Chiffon Pumpkin Pie .....	66
Chili Burgers .....	85
Chili Sauce.....	80
Chinese Almond Cookies .....	52
Chipped Beef Casserole.....	111
Chocolate Pinwheel Cookies.....	43
Chocolate Sauerkraut Cake .....	35
Christmas Vigil Supper.....	103
Cinnamon Coffee Bars.....	53
Cinnamon Rings.....	116
Clabber Milk Cake and Icing .....	29
Claudia's Goulash .....	99
Coconut Topping.....	38
Coffee Carnival.....	74
Coffee Cocoanut Macaroons.....	47
Colonial Chicken .....	100
Corn Au Gratin.....	125
Corn Meal Mountain Pancakes ..	20
Corn Pone Cheese Bread.....	11
Crab a la Greek.....	107
Crabmeat Delight.....	106
Cracker Pie .....	68
Cranberry Cream Pie.....	65
Cranberry Supreme Salad .....	130
Creamy Raisin Frosting .....	37
Cree Style Ham.....	90
Cucumber Relish.....	134
Cucumbers in Cream .....	116
Curry Rice .....	124
Custard Corn Bread .....	10

**D**

Danish Pastry .....	23
Date Cookies - Date Filling .....	51
Diabetic Oatmeal Cookies .....	47
Diabetic Orange-Pineapple Sherbet .....	72
Dinner Crescent Rolls .....	16
Dinner in a Skillet .....	94
Donna's Blitz Kuchen .....	76
Dried Fruit Fried Pies .....	62
Drop Doughnuts .....	24

**E**

Easy Chocolate Fudge or Frosting .....	37
Easy Onion Bread .....	9
Easy Pumpkin Pie .....	61
Easy Salmon Tetrazini .....	105

Easy Scalloped Potatoes .....	120
Easy Stroganoff.....	99
Economy Hamburger Dish.....	94
End of the Garden Pickles .....	135
English Tea Biscuits (from England).....	14
English Tea Bread.....	12
Extra Moist Fudge Cake .....	35
Extra Special Bread Dressing .....	104

## F

Favorite Casserole.....	110
Featherbed Rolls.....	15
Fettuccini (Noodle Dough) .....	126
French Cream Bars.....	54
French Potroast.....	93
Fresh Golden Sno-Peach Pie.....	60
Fried Apples and Onion.....	125
Frosted Apricot Salad.....	129
Fruit Logs.....	25
Fudge Cake (no leavening).....	33
Fudge Frosting.....	42

## G

Galuska.....	98
German Chocolate Cake.....	36
German Coffee Cake.....	21
German Lep Cakes (Cookies).....	47
Glazed Acorn Squash.....	118
Golden Cookies.....	45
Golden Rolls .....	15
Graham Crackers .....	45
Green Bean Casserole.....	114
Green Cheese, Fruit Salad.....	128
Green Tomato Preserves .....	134
Green Tomato Pie.....	69
Green Tomato Sandwich Spread..	84
Ground Beef Skillet Meal .....	94
Guacamolie Dip Avacado Mexican Sytle.....	80

## H

Ham Relish.....	91
Hawaiian Macaroni.....	104
Hearty Seafood Salad.....	131
"Hello Dolly" Cookies.....	45
Hello Neighbor Cookies with Bittersweet Icing .....	40
Herb Stew with Mushroom Dumplings.....	96
Herb Zucchini.....	118
Hershey Ice Box Dessert.....	73

Holiday Appetizer.....	4
Honey Apricot Pie.....	62
Honey Peanut Candy.....	55
Hot Chicken Salad.....	100
Hot Milk Chocolate Sponge Cake.....	34
Hungarian Goulash with Galuska.....	98
Hungarian Potatoes.....	120
Hungarian Rye Bread .....	6
Hunt's Tea Room Original Cinnamon Rolls.....	16
Hurry-up Apricot Dumplings.....	77
"Hurry Up Chicken Casserole"...	113

## I

Iced Salmon.....	106
Instant Icing .....	38
Italian Sausage.....	88

## J

Jam & Ginger Bars.....	53
Jiffy Dinner Stew.....	95
Just Plain Molasses Cookies.....	50

## K

Knotts Berry Farm Cherry Rhubarb.....	125
Koenigsberger Klopse .....	96
Kolatchen.....	22
Kosher Dill Pickles.....	136
Kraut Beroke or Cabbage Bread.	98

## L

Lasagne Casserole.....	112
Left-Over Beef Shortcake.....	89
Lemon Bread.....	12
Lemon Cheese Pie.....	61
Lemon Pecan Fruit Cake.....	30
Lenten Stew.....	95
Liberace-Burgers.....	84
Lincoln Log.....	24
Link Sausage with Apple Dressing .....	89

Little Huff 'N' Puff Pancakes.....	20
Liver Casserole.....	111
Long Island Clam Chowder .....	86

## M

Mardi Gras Casserole.....	112
Marinated Vegetables .....	116
Marshmallow Cookies.....	43

Marvelous Broiled Chicken.....	100
Meat Loaf Dinner.....	91
Merrie Lynn's Apple Butter Cookies.....	46
Milanaise Soup.....	86
Milky Way Cake.....	36
Milky Way Frosting.....	36
Miner's Klondike Sour-Do-Cakes	17
Mint Julep Drink.....	4
Minute Fudge Frosting.....	37
Mock Angel Food Cake.....	29
Mock Duck.....	102
Mock Ham Loaf.....	91
Mock Pecan or Oatmeal Pie.....	68
Molasses Coffee Cake.....	22
Mold Salmon Salad Supreme.....	131
Moonbeam Cookies.....	40
Mother's Strawberry Preserves ....	134
Mother's Vinegar Pie.....	69
Mrs. Jones' Butter Mints.....	57
Mrs. Miller's Green Tomato Mincemeat with Fruit.....	136
My Mother's Xmas Cheese Straws - 1904 .....	18

## N

Nancy's Frozen Food Delight.....	72
Never Fail Fudge .....	56
No Bake Caramel Cookies .....	46
No Fool Pie.....	65
Norwegian Meat Balls.....	97
Nuggets .....	50

## O

1-2-3-4 Casserole .....	112
Orange Kiss Me Cake.....	31

## P

Peach-Slaw Mold .....	128
Peanut Brittle Meringue Drops....	48
Peanut Butter Crunch Candy.....	55
Peanut Butter Pinwheels .....	49
Peanut Butter Pin Wheel Cookies .	49
Pear Salad .....	128
Pecan Cream Pie .....	66
Pennsylvania Dutch Funny Cake.	35
Perfect Fudge Brownies.....	42
Pickled Peaches .....	135
Pickled Watermelon Rind.....	136
Picnic Cake.....	34
Pie Crust.....	60
Pineapple Cashew Cake.....	31

Pineapple Sour Cream Pie.....	61
Pineapple Tea Biscuits .....	13
Pizza .....	103
Pizza Boats .....	102
Plain and Fancy - Two Cakes in One.....	28
Polka-Dot Scalloped Potatoes.....	121
Pork Chop & Chili Bean Casserole.....	111
Pork Chops with Carrots .....	93
Portino Cookies .....	49
Potato Pancakes (Kartoffelpuffer) .....	122
Potato Salad Secret .....	138
Pumpkin Date Yummy.....	75
Pumpkin Muffins .....	17
Pumpkin-Orange Glaze Pie.....	63

## R

Raised Doughnuts.....	24
Raisin Bread and Butterscotch Pudding.....	75
Ranch Style Hash .....	95
Rhubarb-Apple Conserve.....	134
Rhubarb Cobbler.....	77
Rhubarb Cream Pie .....	64
Rice Bavarian.....	76
Rice Casserole.....	124
Rice with Mushroom Almond Sauce.....	124

## S

Salad Dressing Spice Cake.....	29
Sauerkraut Dumplings.....	123
Sausage and Cabbage Casserole.	110
7-Up Salad .....	130
Shrimp Creole.....	107
Sloppy Joes .....	85
Smoked Fish.....	105
Some "Ways" with Vegetables....	138
Sour Cream Apple Pudding .....	74
Sour Cream Corn Bread.....	10
Sour Cream Mashed Potatoes.....	120
Sour Cream Orange-Glazed Fruit Cake.....	32
Sour Cream Stuffed Meat Loaf....	92
Sour Dough Bread.....	7
Special Western Style Meat Loaf..	92
Spicy Banana Bars.....	52
Spinach Balls.....	117
Split Pea Soup.....	85
Springtime Celery .....	117
Strawberry Supreme.....	73

Stuffed Filet of Sole .....	106
Stuffed Manicotti.....	97
Stuffed Rolls.....	99
Sugar Plum Loaf.....	13
Sweet Pickled Cabbage.....	117
Sweet-Potato Bake.....	121
Sweet Potato Syrup.....	81
Swiss Chocolate Cake.....	33
Swiss Enchilladas .....	101
Swiss Flank Steak.....	90

**T**

Tangy Green Beans.....	118
Tasty Hamburger Casserole.....	111
Texas Potatoes.....	122
Tomato Dumplings.....	123
Transparent Pie.....	64
Two Hour French Bread .....	8

**U**

Unbaked Macaroons.....	48
------------------------	----

**V**

Vanilla Nut Fudge.....	56
Veal Scaloppine.....	90
Vegetable Casserole.....	114
Venison Chili .....	101

**W**

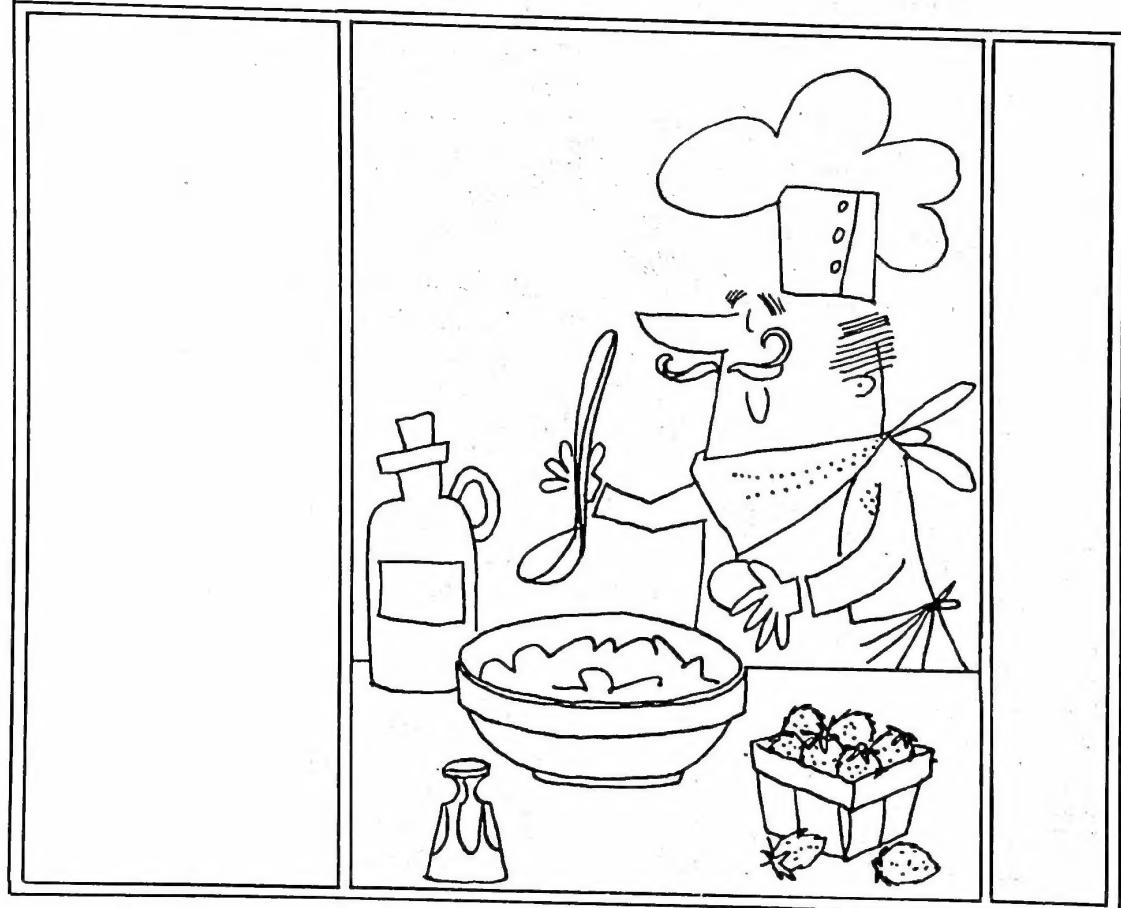
Waikiki Egg Nog .....	4
Walnut-Rice Loaf.....	12
White or Yellow cake with Variations .....	28
Wild Rice Casserole.....	113
Wonderful Fudge Pie.....	68
Woodchuck .....	102

**Y**

Yeast Buttermilk Biscuits.....	14
Yummy Sour Cream Twisties .....	44

**Z**

Zandmoppen.....	44
-----------------	----



## TABLE OF EQUIVALENTS

Butter.....	$\frac{1}{4}$ lb. or 1 stick .....	$\frac{1}{2}$ cup
	1 lb. ....	2 cups
Cheese, American.....	8 oz. or ( $\frac{1}{2}$ lb). ....	2 cups grated
Cheese, Cottage.....	8 oz. ....	1 cup
	12 oz. ....	$1\frac{1}{2}$ cups
	16 oz. ....	2 cups
Cream, heavy.....	$\frac{1}{2}$ pint .....	2 cups whipped
Egg whites.....	8-10 .....	1 cup
Egg yolks.....	12-14 .....	1 cup
Flour:		
All purpose.....	1 lb. ....	4 cups sifted
Cake.....	1 lb. ....	$4\frac{3}{4}$ cups sifted
Macaroni.....	8 oz. (2 cups) ....	4 cups cooked
Noodles.....	8 oz. (4 cups) ....	4 cups cooked
Spaghetti.....	8 oz. (2 cups) ....	4 cups cooked
Nuts, shelled		
Almonds.....	$5\frac{1}{2}$ oz. ....	1 cup
Peanuts.....	5 oz. ....	1 cup
Pecans, halves.....	$3\frac{3}{4}$ oz. ....	1 cup
Chopped.....	$4\frac{1}{2}$ oz. ....	1 cup
Walnuts, halves.....	$3\frac{1}{2}$ oz. ....	1 cup
Chopped.....	$4\frac{1}{2}$ oz. ....	1 cup
Raisins, seedless.....	1 lb. ....	$3\frac{3}{4}$ cups
Rice.....	$\frac{1}{2}$ cup .....	2 cups cooked
	1 lb. ....	$2\frac{1}{4}$ cups uncooked
Sugar:		
Brown.....	1 lb. ....	$2\frac{1}{4}$ cups (firmly packed)
Confectioners'.....	1 lb. ....	$3\frac{1}{2}$ cups unsifted or 4 cups sifted
Granulated.....	1 lb. ....	$2\frac{1}{4}$ cups
Marshmallows:		
Tiny.....	$\frac{1}{4}$ lb. ....	2 cups
Regular.....	$\frac{1}{4}$ lb. ....	16 marshmallows
Graham Crackers:		
Coarsely crumbled.....	9 crackers .....	1 cup
Finely crumbled.....	11 crackers .....	1 cup

## TABLE OF SUBSTITUTIONS

1 sq. unsweetened chocolate (1 oz.)	3 to 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon butter
1 tablespoon flour	$\frac{1}{2}$ tablespoon cornstarch
1 cup cake flour	1 cup minus 2 tablespoons all-purpose flour
1 cup all-purpose flour	1 cup plus 2 tablespoons cake flour
1 cup honey	1 to $1\frac{1}{4}$ cups sugar plus $\frac{1}{4}$ cup liquid
1 cup coffee cream (20%)	3 tablespoons butter plus about $\frac{7}{8}$ cup milk
1 cup heavy cream (40%)	1/3 cup butter plus about $\frac{3}{4}$ cup milk
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ teaspoon cream of tartar
1 cup buttermilk	1 cup sweet milk plus 1 tablespoon lemon juice or vinegar stirred in
1 cup sour milk	1-1/3 tablespoons vinegar or $1\frac{1}{2}$ tablespoons lemon juice and sweet milk to make 1 cup
1 cup milk	$\frac{1}{4}$ cup evaporated milk, $\frac{1}{2}$ cup water

SUSAN BROWN (MRS. HARLEY W.) 200 E. 114th Place, Denver, Colorado (Northglenn)

# Among the fine advertisers heard on KOA's "Hello Neighbor" show ...

AMERICAN BEAUTY PRODUCTS

ANACIN

BEELINE FASHIONS

BETTY CROCKER BROWNIE MIX

CAMPBELL SOUP

CAN-A-POP

COLORADO APPLES

COLORADO POTATOES

COLORADO TURKEYS

COLUMBIA SAVINGS

ELITCH GARDENS

FORMULA 409

HARPEL'S SALAD DRESSINGS

HILEX

ICE FOLLIES

JOHNSTON'S PIES

MARTHA GOOCH CONVENIENCE DINNERS

MILLAR'S COFFEE

MODE O'DAY STORES

PEPSI COLA

ROMAN MEAL

SCOTT'S LIQUID GOLD

SERTA MATTRESS

SIGMAN MEATS

SPECTOR RUG

SUPERIOR HONEY & OLIVE

SWEEP

TIDY HOUSE PRODUCTS

TRIANON SKIN CREME

WHIP 'N CHILL

**KOA**

DENVER

*Radio*

850 ON YOUR DIAL